

# JUNGLE GYM BOOT CAMP



**Mon., Wed., Fri. at 9am**  
**Tue., Thur. at 6pm**

**Session I June 2 - June 25**

**Session II July 5 - July 30**

**Session III Aug 9 - Sept. 3**

This is a workout you haven't experienced before indoors or outdoors. It's a different style workout incorporating nutrition, fat loss and total body conditioning, with an emphasis on strength training mixed with cardio, plyometrics, and metabolic conditioning. It combines bands, TRX, body weight, cones, speed ladders, hurdles to get a high-low impact workout with guided movement prep, correct form, and proper cool-down. Participants will receive a before/after assessment using our state of the art BODY AGE system, a 4 week nutritional plan, and an exercise program to follow on days that Boot Camp does not meet. A total fat blasting workout for EVERYONE.



**Member \$79, Non-Member \$109.**

**Location: North Shore Elite, Glendale/Kletsche Park.**

**Call 414-351-2900 to sign up, contact Dominic Frasier with questions.**