

Fort Monroe Fitness Center presents

FAT ATTACK BOOT CAMP



SEPTEMBER 2 - 30

IMPROVE YOUR
HEALTH & FITNESS

BOOT CAMP GROUP X CLASSES

Mondays: 6:30 - 7:15 a.m.

Tuesdays: 11:30 a.m. - 12:30 p.m.

Thursdays: 4:30 - 5:15 p.m.

12 CLASSES

ATTEND 4 CLASSES &
RECEIVE A
FREE BOOT CAMP T-SHIRT

Fort Monroe Fitness Center
8 Ruckman Road, Bldg 171
www.monroemwr.com

Information: 788-3090

