



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**2 DEMOS
OFFERED!**

**Make today's workouts
tomorrow's warm ups..**
**BOOTCAMP is
BACK!**

w/ CERTIFIED INSTRUCTOR JOANNE KAHLSTORF

**Get ready to out-train yourself.
Joanne's BootCamp is the perfect combination
of strength training and cardio, designed to
increase your endurance, tone your body and
strengthen your mind.**

**SIGN UP @ FRONT DESK
FOR DEMOs:**

**THURS SEPTEMBER 14th
&
THURS SEPTEMBER 21st**

**TIME:
4:30—5:30pm**

**LOCATION:
THE DEN**

**QUESTIONS:
845-338-3810 x103**



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