



SMALL GROUP PERSONAL TRAINING JUMP START BOOT CAMP

This will be a fun and energetic workout in a small group, allowing that personal attention you need to **JUMP START** your New Year's goals. Gain strength, improve overall fitness, become faster, leaner and healthier.

Monday and Wednesdays
January 7 – January 30 | 7-8am
Member: \$96 / Non-Member \$106

www.altacanyonsportscenter.com