



# FUNCTIONAL FITNESS BOOTCAMP

# AMPED

- High-intensity workouts designed to improve strength, endurance, and overall fitness
- Dynamic exercises that mimic real-life movements for functional strength
- Suitable for all fitness levels, from beginners to advanced athletes
- Varied workouts to keep you challenged and prevent boredom
- Fun and supportive group atmosphere to keep you motivated

*Join a community of like minded people on a journey to better health & fitness!*

**Rails Strength & Fitness**  
**821 Railroad Ave**  
**SE**



Contact Kristina Kessler with Questions (605-290-2790)

