



\$40

Members

\$60

Non Members

A FUNCTIONAL FITNESS BOOTCAMP

AMPED

SESSION DATES

AUGUST 3RD – AUGUST 27TH

SEPTEMBER 7TH – OCTOBER 1ST

OCTOBER 5TH – OCTOBER 29TH

**MONDAYS &
THURSDAYS**

5:30 – 6:30PM

*–Mix of strength
training, cardio, core
&*

*bodyweight
exercises*

*–Total body workout
every class*

*–No experience
necessary*

*–All movements can
be scaled to
accommodate any
fitness level*

