



Boot Camp Conditioning

6 Class Sessions

**New Session Starts
February 28, 2010**

**Sundays 11:45am - 1:00pm
With Kathy**

Boot Camp Conditioning

Plyometrics

Cardio Drills

Kick Boxing

Muscle Conditioning

Call us to register. Classes Start in January 2010

508-485-8585

www.everybodybalance.com

155 Boston Road Southborough, Ma 01772