

TAKE
THE

SKINNY JEANS CHALLENGE

— DROP **2 SIZES!** —

Limited to **25 Ladies**
Hurry - starts **October 22!**

The **GRAND PRIZE WINNER** gets
a **DAY of PAMPERING** at a **DELUXE SPA!**

INCLUDES:

- 8 Weeks of **FAT BURNING BOOT CAMP WORKOUTS!**
- 8 **"QUICK FIT" WORKOUTS** to complete at home, to accelerate your results
- Free **NUTRITION SEMINAR**
- Pre and Post Camp **ASSESSMENT**
- Free **T-SHIRT** for new boot campers

OCT. 22 - DEC. 20
5:30 AM - 6:30 AM
TUES / THURS / FRI

NIAGARA
ADVENTURE
BOOT CAMP
FOR WOMEN

Visit **NiagaraBootCamp.com** for more details!

\$450