

# A.F. BOOT-CAMP



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Wednesday Nights at 6:00 p.m. participate in this intense, challenging and rewarding total body workout.

Sample the fast-paced, energetic drills designed to meet your aerobic fitness and dynamic strength demands for FREE during first class. Regular attendants will enjoy the benefits of better footwork, muscular endurance and improved overall cardiovascular health.

Experience the rush and sign up now!



Contact David @

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**\$12 FOR SINGLE CLASS**

**\$100 FOR TEN-CLASS PACKAGE**