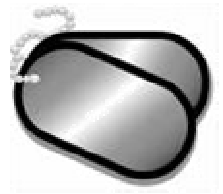


BOOT CAMP

With
AMANDA and LAUREN



High intensity, cardio burning, just plain kick you in the backside

45 minute workout.

Be amazed at how a workout every other day will change you physically and challenge you mentally.

Our fantastic staff will be with every step of the way.

START: February 2nd

7 AM (M - W - F)

Three 45 minute classes a week (\$120/month)

1653 Old Louisburg Road
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Scott Benson: 919.835.0341