



# Indoor Bootcamp



**Spring into action!**

Time to prepare for summer clothes

Let the season of love be one for the love of your body!



## What:

5 or 10 WEEK BOOTCAMP

- Twice a week for 5 weeks for only \$150
- Or
- Once a week for 10 weeks for only \$150
- Small groups for individual attention

## When:

Call for current class schedule

## Where:

South Metro Denver area studio  
Or  
Private groups of 3 or 4 in your own home or office

**Give yourself or someone you love a spring in their step!**

**Gift certificate available**



CALL RICHARD TODAY for more information or to get started on your gift of GOOD HEALTH for Spring 2011 !

**Be Fit 40**

**Richard Greifinger, NSCA-NPTI**

**CPT**

**303.995.9632**

**[www.befit40.net](http://www.befit40.net)**

