



Heather Boucher cPT

# BOOT CAMP



Wednesdays @ 5:30-6:30pm

Antrim Town Gym

**Cost:** 6 week class \$48.00 or \$10 per class

**All Fitness Levels Welcome • Join Anytime**

**Boot Camp** is a fun and motivating circuit style training program designed to challenge all aspects of your health and fitness.

**Physical Benefits of Boot Camp Include:**

Increased Cardio Levels • Reduce Body Fat • Increase Strength

**Group Fitness • In-home Personal Training • Weight Loss Consultant**  
**communityfit@yahoo.com • www.communityfit.net • 603-563-8201**