

KOFI CORE BRIDAL BOOTCAMP

ALL ARE WELCOME!



KOFI
C·O·R·E

KOFI CORE BOOT CAMP WORKOUTS FOCUS ON PUSHING YOU FURTHER THAN YOU WOULD PUSH YOURSELF. BOOT CAMP WORKOUTS ARE PERFORMED INDOORS USING BOSU, WEIGHTS AND YOUR BODY WEIGHT FOR RESISTANCE. BE READY FOR THAT WEDDING, SPECIAL EVENT or STAY IN SHAPE AND TELL THE WORLD YOU HAVEN'T LOST A STEP!!

THIS CLASS AND FORMAT IS OPEN TO ALL AGES AND LEVELS OF FITNESS. WE WOULD LOVE TO INCLUDE GUYS AS WELL SO PLEASE FEEL FREE TO JOIN IN ON THE FUN!

KICKSTART YOUR FITNESS ROUTINE AND JOIN BOOT CAMP TODAY!

**EACH SESSION LASTS 3 WEEKS
BOOTCAMP SESSIONS ARE INDOORS
45 MINUTE CLASSES STARTING AT 6:15AM
CLASSES RUN MONDAY, WEDNESDAY AND FRIDAY**

2012 SESSIONS

**FEBRUARY 6TH-24TH
MARCH 12TH-30TH
APRIL 9TH-27TH**

PRICE

UNLIMITED BOOTCAMPS/CLASSES: \$115/MONTH—ANNUAL MEMBERSHIP REQUIRED
ONE 3-WEEK SESSION: \$199—REFER A FRIEND AND YOU EACH PAY ONLY \$175
10 SESSION (drop in) BOOTCAMP CLASS PACK: \$250

WHAT TO BRING

INDOOR SHOES
WATER
TOWEL/MAT
FRIENDS

WHAT YOU WILL EXPERIENCE

IMPROVED CARDIOVASCULAR HEALTH
INCREASED MUSCLE STRENGTH, TONE AND DEFINITION
BETTER FLEXIBILITY



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