



GET FIT

LADIES ONLY!

BOOT CAMP

Super-charge your fitness program with 45 minute classes consisting of body weight exercises, as well as work with kettlebells, medicine balls & simple barbell movements

4-week Boot Camp
Monday, Tuesday, & Thursday
6:45 pm

Cost \$120/month

Sign up soon—only 12 per class!

To register or for more info, email us at info@crossfit28.com or call 318.880.4701

BEGINNING JUNE 2ND * LOCATED AT CROSSFIT 28

- FUN & FRIENDLY**
- LADIES ONLY!!!**
- HIGH INTENSITY**
- FULL-BODY CONDITIONING**
- 4 ALL FITNESS LEVELS**