

Body First presents

AUGUST AM BOOTCAMP

Aug 1st-Sept 1st

No Classes 11th, and 15th

Mon/Wed/Thu 5:45-6:45 AM

All Levels Welcome

Members: \$50

Nonmembers: \$85

Drop in fee per class: Members: \$10; Nonmembers \$15

To register call 785 587 8300

Or online at www.bodyfirst.com

WEEKLY BONUS CLASS:

FREESTYLE FIT

Instructor: Rena Soller

TUES 6:10-6:50 AM

DROP IN CLASS. FORMAT VARIES. Get your heart pumping, tune up your body, move more with Rena as she surprises you with a different group workout every week.

All levels welcome.

FREE FOR MEMBERS AND REGISTERED BOOTCAMPERS.

Non Members...\$5

Body First Wellness and Recreation Center *

3615 Claflin Road * Manhattan KS * www.bodyfirst.com