



Body First presents

# July BootCamps

with Rena Soller

**MON/WED 6:00-7:00 AM**

**All Levels Welcome**

Join Rena for a high energy, challenging and FUN four week Boot Camp. This group fitness experience offers strength, cardio, circuit training, flexibility, core strengthening, muscle endurance, functional movement patterns, and more.

Workouts may utilize the outdoor areas at Body First weather permitting

**Summer Session 2: July 5-27th**

No Boot camp Monday July 4th. Make Up day Friday July 8th.

No Boot camp Monday July 11th. Make Up day Friday July 15th.

Price/session:

**Members: \$50**

**Nonmembers: \$65**

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

**To register call 785 587 8300**

**Or online at [www.bodyfirst.com](http://www.bodyfirst.com)**

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**NEW SUMMER 2016**

**WEEKLY BONUS CLASS:**

**FREESTYLE FIT**

*Instructor: Rena Soller*

**THURS 6:00-6:45 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