



Body First Presents  
**APRIL & MAY**  
Fitness Boot Camps

*April Session:* **APR 3rd– Apr 27th**

*May Session:* **May 1st– May 25th**

**MON/WED/THUR**

**5:45-6:45 AM**

**Price/4 week session:**

**Members: \$50**

**Nonmembers: \$80**

**Weekly Rate:** Members: \$20; Nonmembers \$30

**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)**

## **All Levels Welcome**

Rena Soller is leading the Body First Fitness Boot Camp April and May sessions. This high energy, challenging and FUN Fitness Boot Camp experience. This group fitness experience offers strength, cardio, circuit training, flexibility, core strengthening, muscle endurance, functional movement patterns, and more

**Body First**

**Wellness and Recreation Center**

**3615 Claflin Road Manhattan KS**

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