

Love Your Body Fitness Boot Camp

{for women!}

Have some fun this summer *and* get in shape! This women's-only boot camp began in 2006 as an alternative to "military-style" boot camps. Our fitness classes are go-at-your-own-pace with *no yelling*. Workouts are tough, but camaraderie and encouragement make them fun. *You can do this!* **This class is for all levels - from beginner to the fitness enthusiast!** The one-hour-per-week class is a great mixture of cardio and strength training using resistance bands, balls, and the weight of your body. So grab a buddy, check out our website at www.LoveYourBodyFitness.com and join in. You will be glad you did!

Vince Grbic, co-founder and head Trainer of LYBF has 20 years experience in the fitness industry and is co-founder of Love Your Body Fitness. He has led numerous fitness programs including groups for the George Foreman Walking Videos and was fitness director for the Red exerciser. Vince has a master's degree in education with an emphasis in health and exercise related fitness from the University of Houston. He is a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association. He is also a Certified Health Fitness Specialist with the American College of Sports Medicine.

Bethany Hughes, a working mom of two, helped start this class with a group of friends. It caught on and has grown from there! Glance at the website and see the FAQ page for questions!

Monday ~ Wednesday ~ Friday 9:00-10:00 a.m.

AND . . .

A Brand New Class that's forming!

Early Bird Wednesday class 6:00-7:00 a.m.

June 1-26

Monday-Friday.....9:00 - 10:00 a.m. 4-week session

July 6-31

Monday-Friday.....9:00 - 10:00 a.m. 4-week session

The Month of August will be a shortened version and available by the class.

Please check the website mid-summer to see the schedule!

Please see instructor for registration and pricing.

Please fill out and sign Activity Center release form for this activity.