

Velocity Sports Performance



****ADULT FITNESS 7-WEEK BOOTCAMP****
****Evening Class****

“Early bird gets the worm” class

“Break for lunch” class

“Night owl” class **(HERE IT IS)**

**Beginning Tuesday, May 4th, 2010 through
Thursday, June 17th, 2010**

Session Time: 7:00pm – 8:00pm

Cost: \$90 (14 sessions)

Tuesdays & Thursdays

****Minimum of eight individuals required****

Program focus:

⇒ **Weight Loss**

⇒ **Cardiovascular Conditioning**

⇒ **Muscle Toning**

**For more information, please contact Devon Ramella at
(610)973-1530 or dramella@velocitysp.com.**

Why Do You Train?®