



Boot Camp

The Iron Butterfly Health Club Boot Camp

April/May

Monday	Apr 5	Monday	Apr 26
Tuesday	Apr 6	Tuesday	Apr 27
Thursday	Apr 8	Thursday	Apr 29
Friday	Apr 9	Friday	April 30
Saturday	Apr 10	Saturday	May 1
Monday	Apr 12	Monday	May 3
Tuesday	Apr 13	Tuesday	May 4
Thursday	Apr 15	Thursday	May 6
Friday	Apr 16	Friday	May 7
Saturday	Apr 17	Saturday	May 8
Monday	Apr 19	Monday	May 10
Tuesday	Apr 20	Tuesday	May 11
Thursday	Apr 22	Thursday	May 13
Friday	Apr 23	Friday	May 14
Saturday	Apr 24	Saturday	May 15

CLASS TIMES

Monday & Thursday 6:15 to 7:15 p.m. Saturday 9:15 to 10:15 a.m.

Tuesday & Friday 11:45-12:45 p.m.

2 Boot camp sessions/week for 6 consecutive weeks

Initial Boot camp – 12 sessions in 6 weeks \$150.00

Subsequent Boot camps – 12 sessions in 6 weeks \$120.00

Boot Camp Draft - \$80/month – *unlimited classes!!!*

Initial Boot camp Package Includes:

Start Up Health Assessment Baseline

Cardio and Nutrition Counseling session

12 Strength Training Sessions

Register Now! Call 234-BFLY