

# LUNCH BREAK



## LUNCH BREAK BOOTCAMP

Is an intensive **30 MINUTE**, 4-week **OUTDOOR/INDOOR** physical training program that will have you in **SHAPE** by summer!! which consists of: short distance running/walking, sprints, interval training, stadium training, plyometrics, yoga, push ups, competitive games, and many other exercises using weights and/or body weight to **lose body- fat, inches and weight?** Increase cardiovascular efficiency, increase strength, and improve core strength.

***GET ALL THE BENEFITS OF A PERSONAL TRAINER AT A FRACTION OF THE COST***

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AFAA CERTIFIED PT



**NEXT 4 WEEK BOOTCAMP BEGINS: March, 15th**

(WORLD GYM IN FAYETTEVILLE)  
COST: \$100 MEMBERS      \$159 NON-MEMBERS

**5 DAYS A WEEK (Mon-Fri) 12:15-12:45**

