

JASON THOMPSON BASEBALL

Presents:

Women's Boot Camp

INSTRUCTED BY:

NASM CERTIFIED PERSONAL TRAINER

Matt Thompson

**STARTS THIS JANUARY AT JASON THOMPSON BASEBALL
GET IN SHAPE AND FEEL GREAT FOR 2010!**

THIS IS A TOTAL BODY FAT BURNING WORKOUT PROGRAM THAT IS DESIGNED TO SHAPE AND TONE THE ENTIRE BODY. THIS BOOT CAMP WILL UTILIZE CIRCUIT TRAINING IN WHICH MULTIPLE STRENGTH AND CARDIO EXERCISES ARE PERFORMED ONE RIGHT AFTER THE OTHER. YOUR STRENGTH AND ENDURANCE WILL BE CHALLENGED WHILE YOU ARE BURNING LOTS OF CALORIES!

YOUR FIRST CLASS IS FREE! COME TRY IT!

CLASS TIMES: Every Tuesday & Thursday from 10-11am starting January 5

REGISTRATION RATE: \$20 per session, pay for 5 sessions up front and the 6th is FREE

DROP-IN RATE: \$20 per session

SIGN UP: Please contact Jason Thompson Baseball at (248) 853-BALL

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www.jasonthompsonbaseball.com*