

# THERESA'S BOOTCAMP



**MONDAYS – 6PM**  
**WEDNESDAYS – 6AM**  
**WEDNESDAYS – 6PM**  
**FRIDAYS – 7AM**  
**SATURDAYS\* – 7AM**  
**SUNDAYS\* – 9AM**  
**\*90-MINUTE CLASS**

*Theresa's Bootcamp is designed to improve your cardio, strength, balance and endurance all while promoting teamwork and positive thinking.*

## Member Pricing:

\$160 for 8 classes, \$240 for 16 classes, \$280 for 24 classes

## Non-Member Pricing:

\$200 for 8 classes, \$320 for 16 classes, \$400 for 24 classes

