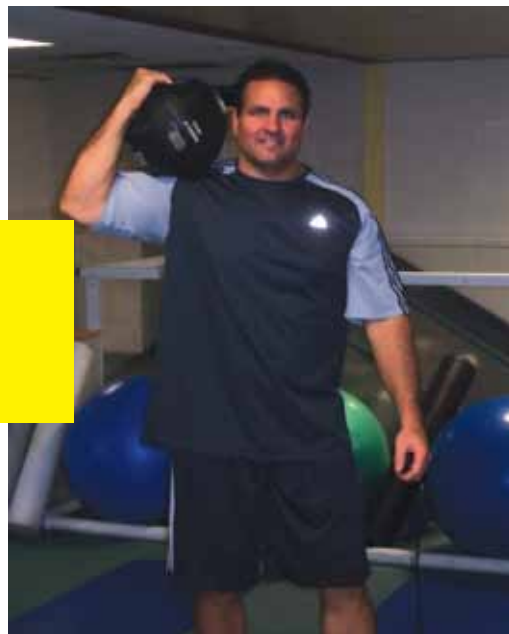


FIT-CAMP

at Fore Court

with

Mark Grocholski
Personal Trainer



- **Program is two days a week for five weeks**
- **Tuesday's & Thursday's 6:00 to 7:00PM**
- **45-60 Minute Sessions**
- **Start Date: January 3rd**
- **Only: \$150 member \$175 non-member**
- **Sign up in the Fitness Center**
(See Ron Marocco for details)

Gain Endurance

Group Circuit Training

Improve Agility

Build Lean, Toned Muscles

Lose Weight

Results Guaranteed