

# **BOOT CAMP**



**Outside Boot Camp is a great fat burning workout!  
A combination of Body and Free weight exercises  
will help your body build muscle and tone up!  
Workouts include Kettlebells - BattleRope - Free Weights -  
Body Weight & more!**

**When: June 5th - June 30th**

**Where: Airport Park**

**Time: Monday- Wednesday- Friday  
5:30am - 6:30am**

**Bring: Two Sets of Weights  
Yoga Mat  
Water**

**Cost: Members-\$145  
Non-members-\$180**



**Questions  
Call -802-860-1010  
Email- [chfit@comcast.net](mailto:chfit@comcast.net)**