

Total Body Bootcamp With Kara!

September 9 - October 30



Monday & Wednesday

6:00 - 7:00pm

Big Bear Arena



Session Fee: \$112.00 OR \$8.00 Drop-In Fee

Bring a set of dumbbells (5-10 lbs.) and a mat!

All fitness levels welcome!



Join 906 Health & Fitness Page

Feel free to call 906-748-3461 or

E-mail jkriviera88@att.net with questions.

Being healthy & fit is not a fad.....

.....it's a lifestyle!

