



Fighting to Stay Fit!

Boot Camp

Starts Monday August 1st

Kick, Run, Punch and Fight your way to a Thinner You

- Krav style workout minus the contact
- Intense cardiovascular conditioning
- Body toning, fat burning workout
- Resistance and strength training

Training is custom designed for men and women of all fitness levels

Classes open to everyone willing to take on the challenge!

SIX weeks

Monday, Wednesday and Friday mornings from

6:00 am to 7:30 am

Cost \$200.00

Contact Wendy Evans at 801.352.7482

Register now at **WWW.KRAVMAGASLC.COM**