

SPIRITUAL EMPOWEREMENT FITNESS BOOT CAMP

Sponsored by GoodLife Fitness

Are you ready to take that first step toward getting healthy, and staying healthy?

Join instructor Sidney West* in this
INDOOR BOOTCAMP!

(Re: 3 John verse 2)

WHEN: January 30 - March 27, 2009 Monday, Wednesday, Friday

TIME: 7:20pm – 8:30pm

Deposit of \$35 holds your spot!

COST: \$175 Repeat Campers save 10%!

Payments accepted. Balance due January 23, 2009.

Location: Downtown YMCA

(40 W. Long Street)

Decide to make your lifestyle change today!

Call for details and registration: 614-286-9726

Pay securely online! <http://www.bodybysid.com>

*Certified Boot Camp Instructor. Location subject to change. Deposits non-refundable.
Limited group size. Consult with your doctor before beginning any exercise program.