

SPIRITUAL EMPOWERMENT FITNESS BOOT CAMP!

Sponsored by GoodLife Fitness

Take that first step toward getting healthy and staying healthy!

Join instructor Sidney West* in the
INDOOR/OUTDOOR FITNESS BOOTCAMP!
(Re: 3 John verse 2)

WHEN: May 29 – July 29, 2009 Monday, Wednesday, Friday

TIME: 7:20pm – 8:30pm

Deposit of \$35 holds your spot!

COST: \$175 Repeat Campers save 10%!

Payment plans accepted. Balance due May 27, 2009

Outdoor location: Rhodes Park, Columbus, Ohio

Indoor 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. Park location subject to change. Deposits non-refundable. Limited group size.
Doctor's permission slip required for participation.