

# Saginaw Township Recreation

# Body Fit Boot Camp

## Mar 30 – May 20, 2010



8 weeks of Body Conditioning  
Pre Registration Deadline Mar 23 - \$50

Balance of \$129 Mar 30

2X's a week

Tuesday – Thursday  
5:30 AM – 6:30 AM

*Guaranteed  
Results*

- 16 Workouts
- 3 Nutrition Plans
- 2 Fitness Assessments
- Body Fat Measurements
- Weight
- Flexibility Test
- Cardio Test
- Ab Strength
- Blood Pressure



**Body Fit Boot Camp** - Created by Kristin Charboneau, BS Exercise Science/AFAA. Instructor - Jasmine Dorr - Experienced Boot Camp leader. Jasmine has coordinated several camps with great success and gives you the motivation to attain your fitness goals.

**Body Fit Boot Camp** is a great motivating program, which gets you the results you are looking for. **HURRY!!!! SPACE IS LIMITED!!!!**

Register at the Saginaw Twp.  
Recreation/Center Courts  
3320 N. Center Rd.  
(989) 791-9860  
[www.saginawtownship.org](http://www.saginawtownship.org)

For more detailed Information  
contact:  
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