

Back to Basics **Invites YOU to our Fall Fitness Classes**



Total Body Workouts for all fitness levels - Monday & Wednesday @ 5:30 a.m. Barrs Park - Tuesday & Thursday @ 6:00 p.m. Botanical Gardens - Saturday @ 6:30 a.m. Elbow Beach

NEW this season! POWERWHEEL....!!!

Abs/Cardio Bootcamp (30 min Abs Burner!!!) - Tuesday @ 12:10 p.m. Botanical Gardens

Running Classes - Learn to Run Bootcamp for Beginners - Tuesday & Thursday @ 12:10 p.m. Botanical Gardens - Intermediate/Advanced Runners Bootcamp (focus is on Speed Training & Intervals) - Friday @ 12:10 p.m. National Stadium

Signup for ANY of the above classes & attend other Bootcamps for FREE!!!!
(includes Total Body, Abs and Running Bootcamps)

PRIVATE Programs for those desiring a more PERSONAL EXPERIENCE.....!!! are also available...

Bridal BootCamp is a fitness program designed for the bridal party or family members wanting to look their best on that special day.

Personal Training programs are private programs customized and tailored for individuals or small groups

Corporate Fitness programs are small groups or teams that receive a tailored program to develop fitness and encourage team development.

Kids Birthday Parties. Let your child have the birthday party of the years with a sports themed birthday party. From the dazzling open ceremony to obstacle courses to the gigantic soccer ball, everyone will cheer!

Back to Basics "Where exercise is still fun"
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