

**FREE TRIAL CLASSES!**

# BARRE TO BOOTCAMP

**Looking for a great workout this December?  
Try out Barre to Bootcamp for FREE!**

**Trainer Veronica Lien leads this combination workout that blends the lengthening and toning movements of classic ballet with the full-body strength and conditioning of a bootcamp!**

**SIGN UP AT THE FRONT DESK TODAY TO RESERVE YOUR SPOT!**

## JOIN US FOR FREE TRIAL CLASSES IN DECEMBER!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7 FREE BARRE TO BOOTCAMP 6:05 AM	1/8	2/9	3/10
11	12	13 FREE BARRE TO BOOTCAMP 12:15 PM	14 FREE BARRE TO BOOTCAMP 6:05 AM	15	16	17
18	19 FREE BARRE TO BOOTCAMP 8:45 AM	20	21 FREE BARRE TO BOOTCAMP 6:05 AM	22	23	24
25 merry christmas	26	27	28 FREE BARRE TO BOOTCAMP 6:05 AM	29	30	31