



**CHOICE** HEALTH & FITNESS

**SUMMER SHRED**

# BOOT CAMP



## FREE TRIAL CLASSES!

**APRIL 16 @ 12PM | APRIL 18 @ 6PM**

**JOIN US FOR A FREE TRIAL  
OF SUMMER SHRED BOOT CAMP!**

Summer Shred Bootcamp is a 8-week challenge led by Master Trainer Veronica Lien for members & non-members looking to get into shape and tone up for the summer.

Pre-Registration required for Shred Boot Camp trial event.  
Call 701.746.2790 or stop at the Choice Health & Fitness front desk to sign-up by Monday, April 15.