

ADVENTURE CORE FITNESS & NUTRITION BOOT CAMP

For Women

Join me for

Outdoor training

At the Shakerag park (near
the Pavillion)

Beginner, Intermediate or
Advanced... No Worries!!
All Fitness Levels encour-
aged to come

Boot Camp Classes held:

Mornings:

Wed. and Fri. 9-10 am

Evenings:

Wed. and Sun. 8-9 pm

Starts September 3rd



First week FREE for new clients!

Only \$10.00 per drop-in class

Come hike in the Georgia
mountains every Saturday!

Get toned by a certified NASM personal trainer / certified nutrition
coach / RN

For additional details, personal training sessions or other bookings, contact Lilia at (770) 561-8367 or
email whatifitworks@yahoo.com