

MORE TIME SLOTS ★ NEW OFF SITE LOCATION ★ 6 OR 10 WEEK PROGRAMS



BOOT ★ CAMP



3 LOCATIONS TO CHOOSE FROM:

GOLD'S GYM PALLADIUM:

- MONDAY/WEDNESDAY/FRIDAY
- 0600 (6AM)
- 0700 (7AM)
- 0900 (9AM)
- 1200 (NOON)
- 1800 (6PM)

GOLD'S GYM BATTLEGROUND:

- MONDAY/WEDNESDAY/FRIDAY
- 0600 (6AM)
- 0700 (7AM)
- 0900 (9AM)
- 1800 (6PM)
- 1900 (7PM)

ADAM'S FARM SWIM AND TENNIS CLUB:

- MONDAY/WEDNESDAY/FRIDAY
- 0600 (6AM)
- 0900 (9AM)
- 1800 (6PM)



GOLDS GYM TRAINERS



JOSH



JASON



NICHELE



JANIE



KEVIN

BOOT CAMP BEGINS 09-14-09

6 WEEK PROGRAM

\$160 MEMBER

\$190 NON - MEMBER

COST:

10 WEEK PROGRAM

\$249 MEMBER

\$279 NON - MEMBER



DAMIAN FISHER

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OR

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VISIT

WWW.GOLDSTRAINERS.COM

FOR VIDEO, TESTIMONIALS AND MORE INFORMATION ON OUR TRAINERS