

NAUTILUS



Wants YOU to Wake up and move!

**GET MOTIVATED, Shed Unwanted Weight &
GET FIT while having FUN!!!**

WOMEN'S MORNING BOOT CAMP

Tuesday and Thursday

6:15 am for 6 wks

March 24th thru April 29th

Questions?: (mpeacock@cableone.net)

Sign up at Parkway Nautilus. Class size is limited.

Cost: Nautilus members – \$75

Non-members – \$150