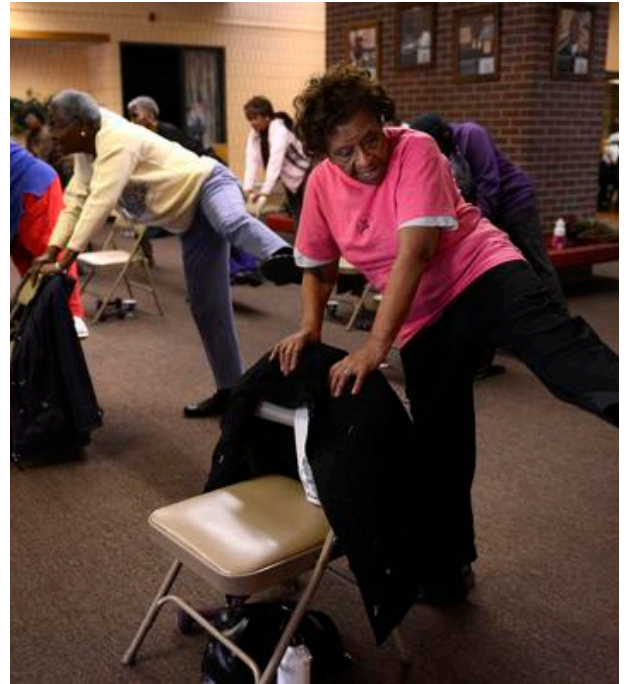


BURN OVER 500 Calories !!

In only 30 minutes

Commit to Get Fit!



Join the 30 minute Fit-Camp

Fit-Camp is fun and challenging. There is something for everyone! Two types of camps are offered 3 days/week:

STRONG & LEAN and **SILVER FITNESS**

STRONG & LEAN: a unique interval training system is utilized, which allows men and women of all fitness levels, ages, and sizes, to build lean muscle and burn belly fat.. You will be transformed into a **fat burning machine!**

SILVER FITNESS: Have fun and move to the music through a variety of exercises designed to increase muscular strength, balance, range of movement and activities for daily living.

- Nationally Certified Trainer
- Your 1st Class is **FREE!**
- Kettlebells, Ropes, Treadmills & more!

Where: Highland Hills Village Hall/ Rm. 20

Time: **Silver Fitness/** 10:00, 10:45, 11:30
Strong & Lean/ Tuesday & Thursday: 4:45, 5:30

Saturday: 9:30am-10:00am

Resident (Seniors): FREE

Residents: 28 classes \$30/month

Non-Residents: 28 classes \$40/month

Non-Residents (Seniors): 28 classes \$35/month

To Pre-Register For Fit-Camp Classes
Call: 283-3000 Ext. 235