

Jessica's **BOOTCAMP**

If you want to lose fat, gain muscle, increase energy, strength and flexibility, as well as improving the quality of sleep while slowing the aging process. This is for you!

Attending Jessica's Bootcamp on a regular basis will help you achieve these goals. Jessica has created a comprehensive circuit style camp, combining cardio and strength training, promoting intense calorie burn while building long lean muscle. Making fat loss almost foolproof, when a healthy diet is integrated. Get that lean, toned body you've always wanted!



\$100/Month \$15/drop-in session 3 trial sessions \$5/session

Monday, Wednesday & Friday 6:30 – 7:30pm

Located at All Round Fitness & Health 110 Anne St. S, Unit 9

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