

OUTDOOR FITNESS BOOTCAMP

GILMANTON



Challenge & Achieve!

This action packed workout will get your blood pumping. Stretch, cardio, running, hiking, climbing, biking, strength, endurance, obstacle courses, Boot Camp style calisthenics, plyometrics & nutritional tips.

Need: running shoes, fitness apparel, water, & towel

STARTING May 19th Tues. & Thurs 6 – 7 AM

Academy/Church Parking Lot, 503 Province Rd. Gilmanton

8 weeks for \$99 (Reimbursed by LGC)



Tried Health Clubs? Yo Yo Diets?
Treadmill lost in the basement?
Get Motivated, Get Fit, Get Outside!
Outdoor Adventure Trainer, Sharon Palisi
getalifenh.com 520-6160