

FULL BODY BOOT CAMP
With Coach Didier Moncion II



Where: Kinetix Health Center @ Fort Ave Location

When: Tuesdays & Thursdays

Start Date: September 20, 2022

Times: 6-6:45pm & 7-7:45pm

Length of Boot Camp: 6 weeks

Population: Members and Non members

Cost: \$300 (can pay in installments \$150x2)

What to bring: Water bottle, tennis shoes, and a ready to go to work mentality!!!!

Goal: Get physically fit and have fun!

Sign up at the front desk or call 434-239-0015 to reserve your spot!