

# Women's Kick Butt Bootcamp

Women are you tired of going to the gym with the same workout routine? Well start your year off right, by challenging yourself to get up and get your body moving to make some real changes this year. Mix it up with Kellye's 1-hour Kick Butt Bootcamp!



NO EXPERIENCE NECESSARY

**Dates:** January 22nd - February 26th  
(No class Feb 14th - Valentines Day)

**Time:** Tuesday's 6:30pm - 7:30pm & Thursdays 6:00pm - 7:00pm

**Classes Include:** Cardio Kickboxing, Abs & back, Strength & Conditioning, HIIT (High, Intensity, Interval, Training)

**Prices:**

\$199 Early Bird Special - Sign up by Jan 18th

\$250 after Jan 18th

Drop-in classes available: \$30 per class