



#getFIT

BOOT CAMP

WHO? YOU!

WHAT? 30 min High Intensity Interval Training Boot Camp (HIIT)

WHEN? Monday, Wednesday & Friday @ 9:00am, 1:00pm, 1:30pm, 2:00pm

WHERE? Fitness Integrated Therapy 11 Cadillac Rd. Burlington, NJ 08016.

Off the 541 bypass behind the Checker and Wendy's.

WHY? To Lose Weight, Burn Fat and Increase Lean Muscle Mass!

Cost: \$49.00/month

*The first 20 people to sign up by February 28th will receive 50% off their first month's payment!
Ready to make a commitment? Before the end of March, purchase an additional 3 months in
advance to receive 50% off of all three months (a savings of \$98.00 or 2 months!)*

Classes start on Wednesday, March 1st

Call TODAY to Sign up!

609-880-0880