

Join The Fun With Body Betterment

Outdoor Boot Camp



Take Control Today

Would you like to...	While doing...
Feel Better?	Agility Training
Look Better?	Core Training
Tone Up?	Cardio Training
Enjoy a Fun Workout Environment?	Strength Training

Then Join Boot Camp!

1-hour sessions every

Monday, Wednesday and Friday

5:45am-6:45 am

Where: 7 Bridge St.

(Frenchtown Inn Parking Lot)

Come and join us anytime, walk in sessions

All you need is a Fitness Mat,

3-5 lb dumbbells, water,

And a will to have fun! \$13 a session

Contact: 908-310-3651

www.bodybetterment.com

All Ages
and Skill
Levels
Welcome!