Fit and Fabulous
BOOT CAMP!

By popular demand and success of our Fit and Fabulous for 15! WE’RE BACK!

Join us as we breeze thru 2010 Working toward a healthier, sleek & toned you!

Our boot camp is designed for ALL fitness levels and incorporates a number of inspiring and unique fitness activities. Including stretching, fitness walking, light running, sprints, stomach flattening exercises, aerobic and muscle conditioning, plyometrics, pilates and zumba. Sure we’ll make you sweat, but in the end you’ll be FIT and FABULOUS!

The camp is packed with **adventure** and **momentum**, but also **camaraderie** and **group support**. If you let us we’ll work, train and strengthen every muscle in the body to help you break through weight–loss plateaus and boost your metabolism.

*Every class is different so you will never get bored.*

**Don’t Quit Now!!!**

**When:** June 7, 9, 14, 16, 21, 23, 28, 30
    July 7, 12, 14, 19, 21, 26, 28

**Time:** 6:00 p.m.

**Where:** Boys and Girls Club of Goldsboro

**Program Fee:** $10.00

**Pre-registration is required!** Please mail or deliver your $10.00 and registration form below to Diane Lynch at Cooperative Extension, PO Box 68, Goldsboro, NC 27533. Make checks payable to the **County of Wayne.** Deadline to register is May 28, 2010.

**Questions:** Call Diane @ 919-731-1525.

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**Registration Form: Fit and Fabulous BOOT CAMP!**

Name: _______________________________________________________

Address: ______________________________________________________

Phone: _________________________________________________________

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