

# EXERCISE CLASS



12 Week Circuit Training Bootcamp (Jan 3- Mar 23)  
at 7:00pm

**Here's To A Healthier 2017: One workout at a time! Get started today!**

Group Fitness Instructor and Registered Dietitian: Miki Loos, RD, LMNT



What is Circuit Training?: **Circuit training** is a high volume (repetitions), low resistance (weight) **workout** with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness. Exercises can be modified to accommodate all fitness levels so if you are looking to start an exercise program or better improve your fitness level this class is great because you can work at your own tempo, pace and intensity.

## Prices:

Drop In - \$6 per class

10 classes - \$50

12 week Bootcamp - \$100 (includes all 24 classes)

\*Classes will last approximately 45 minutes.

\*\**Additional nutrition consultation is available upon request for additional fees. Talk to Miki for details.*

Checks payable to: Miki Loos