

# Fit for the Holidays

With Oviedo's



## MINI BOOT CAMP

30 minutes focusing on

- Cardio
  - Muscular Endurance
  - Full Body Strength
    - Agility
    - Balance
    - Flexibility
- and  
Having FUN!!*

### Location:

Oviedo Recreation & Park's  
Fitness Room  
148 Oviedo Blvd. Oviedo, FL

**To Pre Register** by October 16th

Email: [sandy@fitnessfanatic.co](mailto:sandy@fitnessfanatic.co)  
or  
Phone: 407-304-6764

**Beat the bulge for a guilt free  
Thanksgiving and a perfect fit  
in your holiday dress.**

**To Pre Register** by November 13th

Email: [sandy@fitnessfanatic.co](mailto:sandy@fitnessfanatic.co)  
or phone: 407-304-6764

When registering, please specify  
Option #1 or Option #2

### Items to bring:

water, towel, mat  
I do have extra mats

**Small Group Rate - 3 persons:**

8 sessions \$112

That's only \$14 per session

### Option #1

Monday and Wednesday  
8:00 a.m. - 8:30 a.m.

First session: November 14, 2011  
Last session: December 7, 2011

### Option #2

Tuesday and Thursday  
9:30 a.m. - 10:00 a.m.

First session: November 15, 2011  
There will be no boot camp on  
Thursday, November 24, 2011  
Last session: December 13, 2011

\*Classes less than three people will be rescheduled.