

OUTDOOR BOOT★CAMP CHALLENGE

BACK FOR OCTOBER ONLY:

Join us for a fun outdoor specialty class that is sure to challenge your strength and endurance!



OCTOBER				
3	4	5	6	
10	11	12	13	
17	18	19	20	21
24	25	26	27	28

Classes run 6:15-7:15am on October 6, 12, 18 and 26

Class size is limited. Sign up online today!

<http://screenings.corporatefitnessworks.com>

Username: GAO Password: screenings

Participants will meet in the fitness center and must sign an outdoor waiver prior to attending each class.