

FITCAMP

TAILGATE TAIL KICKER SERIES

**COME KICK IT IN GEAR, AND BURN SOME CALORIES
BEFORE CHEERING ON THE HOGS!!**

1 hour group training including: cardio, strength, and flexibility
Weekly "Healthy Eats" tailgate recipe
ALL ability levels welcome

FitCamp Schedule:

10/10/15 @ 9 AM

10/17/15 @ 9 AM

10/24/15 @ TBD

10/31/15 @ 9 AM

11/21/15 @ 9 AM

*11/27/15 @ 8 AM

**indicates make-up day*

956 S Ray Avenue

Fayetteville, AR 72701



FitCamp Packages

5 sessions for \$90

Drop-in fee: \$25/session

Reserve your spot TODAY!

Classes are limited to the first 12 people per session.

Sign up today by joining our FitCamp

Event Page on Facebook:

<https://www.facebook.com/events/456437097860548/>

