

Pilates and Boot Camp

at

Big Bend Wood Bath and Tennis Club

These time efficient training sessions (out of water) focus on creating a well-balanced and complete workout. Pilates is designed to tone and sculpt while Boot Camp targets cardio, strengthening and flexibility.

I promise to deliver a dynamic workout for your entire body and meet your fitness goals!

To Register, Call or Email Chris Williams at 636-226-4999 or williams5@charter.net

**5 WEEK SESSION BEGINS JUNE 14, 2010
PILATES MONDAY 9:30 AM
BOOT CAMP WEDNESDAY 9:30 AM
\$45 FOR ONE DAY A WEEK OR \$90 FOR BOTH DAYS**

OPEN TO NON BBW MEMBERS FOR AN ADDITIONAL ONE TIME FEE OF \$10.00

CHILD CARE AVAILABLE BY ADVANCED REQUEST AT NO ADDITIONAL CHARGE.

Start your summer out right. You owe it to yourself!!

Swim team moms...We are already here let's burn
some calories!!!