

BOOT CAMP



AE NOW OFFERS UNLIMITED ADULT GROUP TRAINING FOR JUST \$119 A MONTH!

AE is now offering up to 50 group classes a month for just \$119 when you sign up for a one-year contract. Month-to-month memberships are \$150 a month. These classes will include a proper warm up, strength training, core work, conditioning and flexibility. Our classes are fun, challenging and are sure to take your fitness to the next level. Whether you are just starting out or have been working out for years these classes will educate and teach you how to get the results you have been waiting for. Where else can you get top notch training from qualified trainers for just \$119 per month?

Join now and lock in your rate of \$119/month for life!
 Or try a class for just \$25 (deducted off first month's rate upon sign up)

Adult Fitness Classes – March Schedule

Time	Sun	Mon	Tue	Wed	Thur	Fri	Sat
6:00am		Strength Training	Fitness Training		Strength Training		
7:30am							Boot Camp
7:45am						Spin	
8:00am	Spin/Strength						
8:45am		Spin					
9:00am				Strength Training		Strength Training	Strength Training
4:30pm							
6:00pm							
6:30pm		Strength Training	Fitness Training	Strength Training	Strength Training		

** Denotes special trial classes



For more information, contact Mike Perry:

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