

6 Week

Fitness Boot Camp

Are you looking to improve your overall health and fitness? Tone up and get in shape? What better time to start then now?

**Time:** 6:00 PM

**Class Dates:** Thursday

May 4, 11, 18

June 1, 8, 15

**Location:** Unity by the Shore

3508 Asbury Ave, Neptune

Class will be held outdoors

Register at

http://youfirstpersonaltrainer.vpweb.com/

**What you will need:** A yoga mat for relaxation/meditation, water, and a towel

*Please bring any weights or fitness bands you may already own to class to ensure we have enough to share.*

**Love offering:** $65.00(paid in full) for all 6 sessions

*Committing to yourself for six weeks insures our common goal of*

*Increasing your fitness, health, and happiness*

Program includes:

* Bodyweight strength building
* Speed and agility
* Relaxation/meditation
* Opportunity for personalized workout programs and nutrition information

**You First Personal Training Owner ~ Vicky Farrell**

**Certified NASM Personal Trainer, Certified NASM Fitness Nutrition Specialist, TRX Certified, Certified Coach**

**For more information – Call (732)610-6486 – email** [**youfirstptlc@hotmail.com**](mailto:youfirstptlc@hotmail.com) **– Facebook Vicky Farrell You First Personal Training & Health Coach**