

For additional info contact 740-3282

www.fitinthecity.com

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SPRING OPEN HOUSE

Learn More About Boot Camp Training

SATURDAY, APRIL 12

FREE WORKOUT DEMO (All invited to participate)

9:00-9:30AM

REGISTRATION & INFORMATION

9:30-10:00AM

THURSDAY, APRIL 17

REGISTRATION & INFORMATION

6:30-7:00PM

FREE WORKOUT DEMO (All invited to participate)

7:00-7:30PM

REGISTRATION & INFORMATION

7:30-8:00PM

New Boot Camp Sessions Begin
April 28-May 23 and June 2-June 27
4 week sessions

CHAMPION SPORT KARATE- 66th Street and Cornhusker Hwy

Choose either 6:00-7:00am or 8:30-9:30am

Boot Camp meets on Monday-Tuesday-Wednesday-Thursday for 4 weeks

Cost: \$175.00-Non-Members

\$160.00-Members

Buddy System

Sign up you and one other person and receive a special rate of \$260.00 for Non-members
\$245.00 for Members-Please submit one payment-You may attend either session.

(Registration may be completed at www.fitinthecity.com)

