

**early
bird**

BOOT CAMP

with Dennis

Join Certified Personal Trainer, Dennis Wanzer, for an Early Bird Boot Camp that combines cardio, weights, circuit training, and dynamic stretching to increase body strength and help you lose weight! This program is for all fitness levels and will be held on our indoor field.

Runs MONTHLY
Mondays and Wednesdays
5:30 - 6:30 am

\$99/month

(You can pay for one month at a time.)



Register Today!

Register online at www.thearenaclub.com!

