

# Functional Strength Boot Camp

## With Coach Helen Lawson, Level 3 CrossFit Trainer

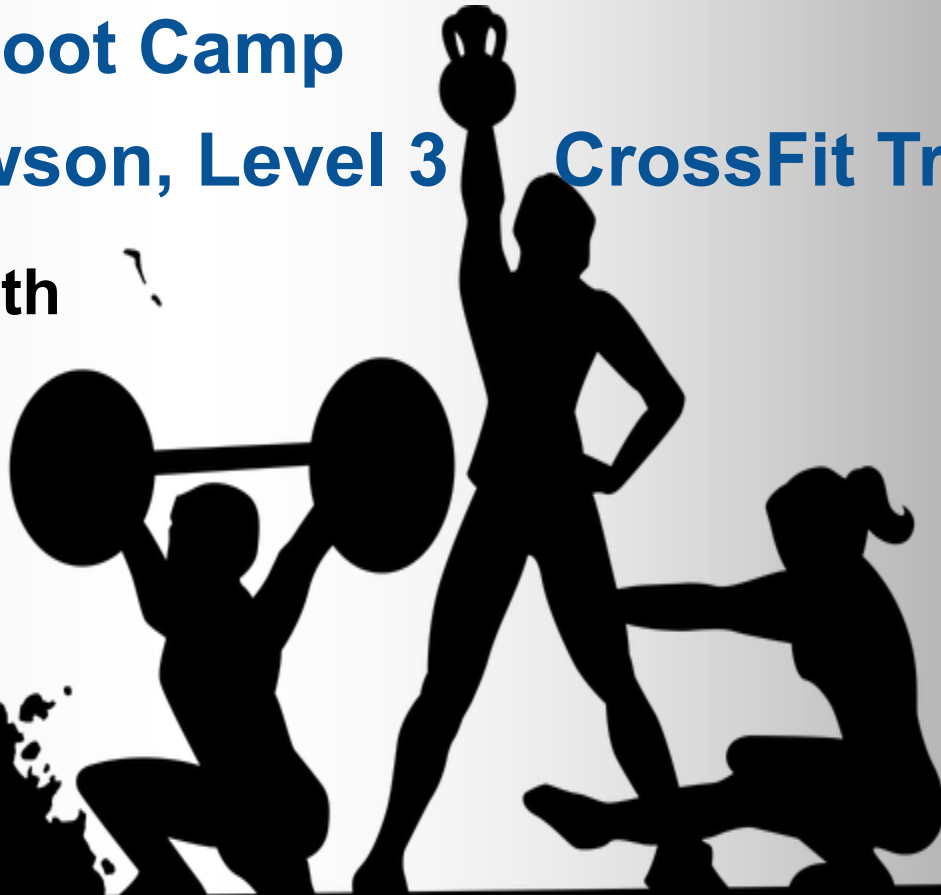
October 26th-December 5th

M-W-F

6:30 AM

Beginners & Seniors Welcome!

Ages 16+



\$299/ \$219 (Members)

*This Functional Strength Boot camp is a great place to get started. You'll learn technique, get stronger and burn calories while you're at it. Whether you are a beginner or just need to change things up, the program will be tailored to your needs!*