

THE **BOOT CAMP** YOU'VE BEEN WAITING FOR

Look your hottest this summer ...

Only 8 weeks
to a trimmer you

Program starts

April 19

Sign up NOW

- * Free to all Bella users
--Monthly fee: \$25
- * Receive your information, goal and commitment sheets
- * Weigh-in and get measured
- * Choose your program; work out in class settings or on your own following program guidelines

Be there ...

Bikini Boot Camp

Kickoff Seminars:

March 29 -- 12 and 5 p.m.

April 1 -- 10 a.m., 12 and 6 p.m.



**1410 Langley Avenue
919.722.0413**

