



SAVE THE DATE!
SUMMER BOOTCAMP STARTS
MAY 7, 2011 @ BOTHELL LANDING

Swimsuit season got you nervous? Want to mix up your workout routine and add some fun? Evolve Fitness will be hosting a Summer Bootcamp class starting Saturday, May 7th through July 30th at the Bothell Landing (9919 NE 180th St., Bothell) from 8:00 – 9:00 am.

Come join us for an hour of cardio and resistance training, as well as abs work and stretching. We are going to work hard and have some fun. Just bring a mat, hand weights (choose your weight) and water and prepare to sweat!

All this and a screamin' price? Oh yeah . . . 4 sessions for \$80; 8 sessions for \$144 or 12 sessions for \$192

If you have questions about the class, contact LeAnn either at leann@evolvefitnessnow.com or 425-417-3273. Learn more about Evolve Fitness at www.evolvefitnessnow.com.

