

**Perfect for all ages,
fitness levels, &
exercise backgrounds!**

**WAS \$199
SAVE \$25!
NOW JUST \$174**
FOR FRIENDS OF BODY ACHÉ
ESCAPE MASSAGE!

**NEXT SESSION STARTS
NOVEMBER 28!**

**CLASSES AT:
5:30, 7:00, & 8:30 AM**

**REGISTER ONLINE
TODAY AND USE
DISCOUNT CODE:
ESCAPE!**

GET UP, GET OUT, & GET FIT!

Sunrise Boot Camp for Women features a unique, go-at-your-own pace program designed just for women. Combining muscle-sculpting and strengthening exercises with cardiovascular workouts, Sunrise's full-body, 4-week Boot Camps will help you tone up, lose weight, increase flexibility and balance, reduce stress, and improve your overall health!



- **TONE UP!**
- **LOSE WEIGHT!**
- **REDUCE STRESS!**
- **MEET NEW FRIENDS!**
- **HAVE FUN!**



At the Four Seasons Golf Dome
5000 E. Broad St. | Columbus
SunriseBootCampForWomen.com

