



October/November 2015

BOOT CAMP J-STYLE!

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
18	19	20 6:00 p.m. "Super Sweaty"	21 6:00 p.m. "Planks"	22 6:00 p.m. "Plyo-circuit"	23	24
25	26	27 6:00 p.m. "Triple Circuit"	28 6:00 p.m. "Ab Circuit"	29 6:00 p.m. "Triple Circuit"	30	31
1	2	3 6:00 p.m. "Push ups and jumps"	4 **5:20 p.m. "Planks"	5 6:00 p.m. "Weighted Circuits"	6	7
8	9	10 6:00 p.m. "Core Strength with Plyos"	11 6:00 p.m. "Squat Time"	12 6:00 p.m. "Ladder and Circuit"	13	14
15	16	17 6:00 p.m. "Crazy Jumps"	18 6:00 p.m. "Booty Work"	19 6:00 p.m. "Get R Done!"	20	21

Pricing:

3 Months Unlimited: \$130

Month Unlimited: \$45

1 Class /week: \$25

2 Classes/week: \$35

*One class-\$10

All skill levels welcome! Modifications can be made depending on your individual needs and goals!

Make a commitment to yourself and leave the excuses at the door!

Every class you come to brings you closer to your goals! Keep working hard and NEVER GIVE UP!

YOU CAN DO IT!

154 Farragut Ave. Vandergrift, PA 15690 * Call Justine for more info! 724-882-7347

Justine Albert is a Certified Personal trainer by the National Strength and Conditioning Association

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