

## **“The Twelve Days of Bootcamp”**

On the first day of bootcamp my trainer gave to me...

- 12 Runner’s Running
- 11 Super Sit Ups
- 10 Awesome Air Squats
- 9 Perfect Pushups
- 8-Count Bodybuilders
- 7 Sets of Sprints
- 6 Jacob’s Ladders
- 5 more Burpees!
- 4 Tires to flip
- 3 Jump Ropes
- 2 Kettle Bells

And a high five and a sore body.

**Stay on track through the holiday season with  
a 3-week, express-style boot camp!**



**Cost-** \$30 (Member & Non-Member)

**Dates-** 12/3/12 – 12/21/12

**Days-** Mon/Tues/Thurs/Fri

**Time-** 5:30am-6:30am

**Duration-** 3 weeks (12 days)

**Trainer-** Brooke Ginn

**\*Please Register by- 11/30/12 to reserve your spot!**

**\*Sign up at the Opelika SportsPlex & Aquatics Center**

**Phone- 334-705-5560**

