

**Velocity Sports Performance**



**\*\*ADULT FITNESS 7-WEEK BOOTCAMP\*\***  
**\*\*Evening Class\*\***

“Early bird gets the worm” class

“Break for lunch” class

“Night owl” class **(HERE IT IS)**

**Beginning Tuesday, May 4th, 2010 through  
Thursday, June 17th, 2010**

**Session Time: 7:00pm – 8:00pm**

**Cost: \$90 (14 sessions)**

**Tuesdays & Thursdays**

**\*\*Minimum of eight individuals required\*\***

**Program focus:**

⇒ **Weight Loss**

⇒ **Cardiovascular Conditioning**

⇒ **Muscle Toning**

**For more information, please contact Devon Ramella at  
(610)973-1530 or [dramella@velocitysp.com](mailto:dramella@velocitysp.com).**

**Why Do You Train?®**