

# BODY BY GWEN BOOTCAMP NOW AT FOX HILLS PARK - CULVER CITY

## YOU'RE INVITED TO:

- G**et rid of unwanted pounds!
- W**in the battle against poor health!
- E**levate your spirit!
- N**ourish your body!

## BBG BOOTCAMP WILL HELP YOU:

- \*GAIN MUSCLE STRENGTH\*
- \*CONDITION YOUR UPPER & LOWER BODY\*
- \*INCREASE RESISTANCE, FLEXIBILITY & ABDOMINAL STRENGTH\*
- \*BUILD CONFIDENCE WHILE MAKING NEW FRIENDS\*

## CLASS SCHEDULE

EVERY SATURDAY

TIME: 7:30 am - 8:30 am

FEE: \$20 PER CLASS

LOCATION:

FOX HILLS PARK - GREEN VALLEY CIRCLE & BUCKINGHAM PKWY, CULVER CITY

PLEASE CALL: GWEN (310) 930-5875

[www.bodybygwen.net](http://www.bodybygwen.net)