

# Boot Camp by Rice Lake Fitness

- 6 Week Boot Camp Program is being offered by Rice Lake Fitness.
- For Ages 15-69
- Cost is 30.00 per person for the 6 week camp (50% of 60.00 will be covered)
- Thursdays @ 7:00PM beginning September 1st

***SIGN UP NIGHT***

***Monday August 29<sup>th</sup> from 4:30-5:15 @ The Community Centre***

**ONLY 10 SPOTS  
AVAILABLE ON A FIRST  
COME FIRST SERVE BASIS**

Payment is due upon sign up.  
This will ensure the confirmation  
of your spot.

If there is enough interest a  
second class may be offered.

For more information contact  
Mindy @ (705) 657-3432 or  
Steve @ (705) 657-2557