

# Boot Camp by Rice Lake Fitness

- 6 Week Boot Camp Program is being offered by Rice Lake Fitness. Starting week of Oct 24th
- For Ages 15-69
- Cost is 30.00 per person for the 6 week camp (50% of 60.00 will be covered)
- Text @clfnboot to 289-275-5494 for more info.

**SIGN UP NIGHT**  
*Wednesday October 19<sup>th</sup>  
from 5:30 pm – 6 pm @  
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 via email at  
MindyK@curvelake.ca