



Boot Camps Now Enlisting!!

What to Expect:
Aerobic conditioning, and exercises such as push-ups, squats, lunges, Core training and agility exercises. Expect to be pushed out of your comfort zone. Classes may be held indoors or outdoors based on the weather.

(You do not have to be a fitness center member to get started)

- 5 PM Tues/Thur 7/20 – 8/12
- 6 PM Tues/Thur 7/20 – 8/12

- 6 PM Mon/Wed 7/28 – 8/23

Three ways to enroll for any class time:

- 1-month (8 classes for \$69)
- 3-months, prepaid (24 classes for \$199)

FAQS:

- **For Men and Women**
- **Beginners welcome**
- **Prepay by first class date**
- **No signup without full payment**
- **No refunds if you miss a class**
- **Missed class may be made up w/ instructor approval**
- **Minimum participant requirements apply**

For directions to the Fitness center to www.texashealth.org/dallasfitness

To enlist in Boot Camp, pre-pay & sign up at the front desk.

For questions contact Tom Fisch at thomasfisch@texashealth.org x2840

