

Sterling's Team Speed

Adult Boot Camp

**\$99 Fall 5 WEEK Program
(min. of 6 - max. of 10)**

Tuesday & Thursday 9:00-10:00am

Session 1: Aug. 18th – Sept. 10th

OR

Session 2: Sept. 15th – Oct. 22nd

The kids are back in school so
let's TRAIN!

Our Summer Boot Camp was such a success we are doing it again this Fall. Let's get ready & stay in shape for the holidays.

What to expect:

Endurance
Conditioning
Core Strength
Flexibility
Strength Training
Mental Training &
FUN!!!

For more information, call or email Brooke
303-483-5934 or brooke@teamspeedco.com



Join us for
5 WEEKS
of
Fall Fitness
for
**ADULTS
ONLYS!**



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