



Human Performance

Presents



LADIES ONLY BOOTIE CAMP

You asked for it ladies!! This is it...
The ultimate 60 minute workout that will get you over the hump.
No more excuses, no more complaining...

IT'S TIME TO GET IT DONE!

Bootie Camp is a challenging & fun full-body workout that *will* make you sweat. Led by Nicole Astrella, Bootie Camp addresses all areas of fitness.... you'll get your much needed cardio, muscular endurance, strength, agility, balance... you'll work your legs, abs, arms, and best of all... **BURN THAT BOOTIE!!**

- Who:** The 1st 10 Women to Sign Up
When: 7pm Monday Evenings & 10am Friday Mornings
Where: ONE Human Performance
2 Changebridge Road, Unit G, Montville (Corner of Changebridge & 202, just off 287)
How: Contact Nicole at nicole@onehumanperformane.com
or 973-917-3136

Drop In & Monthly Programs Available. Sessions as low as \$10!!

Special Offer: Bring a friend* and YOUR Bootie Camp is free!

*1st time client to ONE Human Performance only