

Health and Wholeness  
Your local Personal Training & Wellness Studios  
presents

# Mommy Boot Camp

**Work harder than you knew you could.**

**Look better than you ever have!**

*Get that pre-baby body back & say good-bye to those "Mom jeans."*

Tired of taking your kids on walks and thinking that there has got to be something more you can do to get in shape? Can't seem to find the time to escape to the gym? Bring your kid(s) to Troy Park where we provide activities and childcare (within a fenced-in park) while you get a great workout with other moms. 10:30 am is the perfect time—right before lunch and a nap! So, pack your diaper bag, throw in the sunscreen, grab your water bottle and treat yourself to an hour dedicated to Mom!

Boot Camps offer the motivation, accountability and professional instruction you need to take your fitness to the next level. We offer a dynamic, fun workout designed to challenge any fitness level. If you're looking for variety and a new challenge, boot camp may be just the thing for you.

May – October | Mondays, Wednesdays & Fridays  
at 10:30 AM

## Cost

\$240 for 12 classes (\$20.00/class)\*

\*includes the cost of childcare for one child. Any additional children are \$5 per child/class. Payment due at sign up. Alternate indoor location provided in rainy weather.

**Refer-a-Friend:** Get a FREE Personal Training session in our studio (*\$85 session value!*)

*Sign up today!*

571-242-4775 | [ninaelliot@gmail.com](mailto:ninaelliot@gmail.com)

[www.HealthAndWholeness.info](http://www.HealthAndWholeness.info)