



HUMAN PERFORMANCE

PERSONAL TRAINING

HP FITNESS BOOT CAMP

Summer is almost here!!

Come shape up and get beach ready

Class sizes are small and mirror a personal training experience but with the added benefit of peer motivation.

Small Classes

Boot Camp Style

Choose 2, 3 or 4 sessions per week

Evenings and weekends

Classes led by Certified Personal Trainer

Only \$10 per session!!!

For dates and more information contact:

Cristie Webster (707)590-0535

*Fitness is our life
Let us make it
part of yours*

Human Performance
Personal Training

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Cristie Webster
ACE Certified Personal Trainer

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