



BOOT CAMP IS BACK

**JOIN US IN THE BACK OF THE SANCTUARY
SUNDAY OR HADASH BOOT CAMP
WITH CHERYL HERZOG, CERTIFIED PERSONAL TRAINER**

**DATES: 10/18, 10/25, 11/8, 11/22, 12/6, 12/20
TIME: 9:15-10:15 BACK OF SANCTUARY
FEE: SESSION 1 (ALL 6 CLASSES) \$72**

**MUST PRE-REGISTER & PREPAY BY 10/16
LAURIE ALBERT, OR HADASH MAIN OFFICE**

OR

**IF THIS IS YOUR FIRST TIME,
YOU MAY REGISTER FOR FIRST CLASS ONLY
AS A STAND-ALONE CLASS FOR \$15**

ALL FITNESS LEVELS ARE WELCOME!!

BRING A NON-MEMBER FRIEND AND GET A FREE CLASS