

# FITCAMP



ATHLETIC ENHANCEMENT • FITNESS • REHABILITATION

**Session 1: October 13-November 7th**

**Monday, Wednesday and Fridays @ 9am**

Join us for a one hour  
bootcamp style workout  
with your friends and  
other FitLife members!



**Monday:** Meet at Scottsdale ranch park for cardio day!

**Wednesday:** Meet at FitLife for circuit training!

**Friday:** We will be at FitLife for partner workouts !

**\$300 per session**

Reach us at:

480.948.8889

[www.azfitlife.com](http://www.azfitlife.com)

**Fitlife**

Athletic Enhancement  
Fitness  
Rehabilitation