

LOOKING TO LOSE WEIGHT? GET IN SHAPE? GET FIT?  
NEED A PERSONAL TRAINER?

## COME OUT TO BOOT CAMP

Strength Training, Conditioning, Mobility, Flexibility, Core  
Real Sweat... Real Work...Real Results

*Every Monday, Wednesday, Friday @ 5:45AM*  
*Come Workout With Personal Trainer Ryan Wilkins*



Location: 50 Springside Rd. Westampton, NJ.

Price: \$10 per class, packages available

For More Info Contact Ryan: [optimumworkouts@gmail.com](mailto:optimumworkouts@gmail.com)

