

# BOOT CAMP

With personal trainer  
**Sharon Tuggle**

**Tuesday/Thursday**

**February 12 – March 28**

(No classes during Spring Break)

**6 pm to 7 pm**

**\$150/person**

Six-Week Session Includes:

Health Assessment

Goal Setting

Body Composition

Measurements

Weigh-Ins

Great Workouts!

Each participant must be a member of The Loft.

No refunds.

**CALL NOW TO SIGN UP!**

**972-471-2345**



'The Loft'  
Fitness Center  
at EVERYBODY FITS®