

COME AND TRAIN WITH DEBBIE!

**TIRED OF THE LONG WALKS?
WANT TO TRY SOMETHING NEW,
CHALLENGING AND EXCITING?**

**WELCOME TO OUR SUMMER CORONA BOOTCAMP
ENJOY THE OUTDOORS WHILE GETTING
YOUR HEART PUMPING AND MUSCLES FLEXING
SUITABLE FOR ALL AGES AND FITNESS LEVELS
HIGH AND LOW IMPACT OPTIONS**

**BUILD STRENGTH AND ENDURANCE
INCREASE CARDIO FITNESS
EXPERIENCED PERSONAL TRAINER
IMPROVE YOUR ENERGY AND VITALITY**

**STARTING AUGUST 10TH
MONDAY @ 10 AM AND THURSDAY @ NOON
FARRAGUT PARK
\$25 PER DAY
TO REGISTER, QUESTIONS OR
FOR FURTHER INFORMATION
CONTACT DEBBIE LUCCHESI
AGELESSFIT@GMAIL.COM**

