



Call Now
781-710-9170

INDOOR FITNESS BOOT CAMP



Finally, a fitness and weight loss program that could give you the permanent results that you deserve. Contact us today and schedule your 10 session (4 week) boot camp program that can help you:

- Improve Your Overall Fitness
- Increase Strength, Agility, Endurance and Flexibility
- Teach You the Right Way to Work out
- Provide Motivation Through Group Training
- Lose Weight & Keep It Off



\$10 Per Class!

Indoor Boot Camp Schedule

Monday/Thursday 5:30 AM

Malden High School (Gymnasium)

\$80

8 Sessions

A Personal Message From Your Boot Camp Coach

Now is a great time to get started with a fitness program that can help you lose weight, feel better and look fantastic! If you're 22 or 62, I can help you look and feel your best through my Indoor Fitness Boot Camp.



Email me at: charlieconefrey@gmail.com