



***Get in the best
shape of your life***

Don't waste a day!

Shen Staff Boot Camp

October 24th thru December 22nd, 2011

**60 minute full body workout
Fitness from your nose to your toes
Designed and run by fitness professionals
On Shen Campus**

Monday/Thursday 4-5 pm

Location: TBD

***questions? call
Jack Bartoszek at
879-4002***

**8 weeks (2x weekly) \$160 Drop-ins \$15
Optional Saturdays at Athletic Republic \$50
Spouse Saturdays- Bring your better half \$50**

Sponsored by Shenendehowa Community Education

presented by:

ATHLETIC  REPUBLIC™

Performance Sports Training

**1535 Crescent Road Clifton Park, NY 12065
www.AthleticRepublicCP.com 518.371.1469**