

# SUDDEN VALLEY BOOT CAMP

## @ the Community Center

Monday, Wednesday, Friday

5:30 pm – 6:30 pm

To sign up or for more info contact David Herrera at 360-223-4862

Class size limited so call now!

*"This is a high-energy fast paced workout that will burn a ton of calories, boost metabolism, tone muscles, increase endurance, and many other incredible benefits"*

**-Certified Personal Trainer David Herrera**

