

Voluptuous Ladies

BOOT CAMP

Time to take control and become fit and curvy!

Join Certified Fitness Instructor, Dana Jones in a fun-filled workout that will give you a chance to take control of your future. You will enjoy Dana's creative Saturday workouts. Receive a manageable nutrition plan and plenty of motivation.

Dates: Sat., Oct. 2, 9, 16, 23, 30 **Time:** 9-10:30am

Location: Howarth Park

Cost: \$100 for all 5 weeks (pre-paid) / \$20 drop-in for each session

www.lifecoachdana.com

707-544-1740