

# Fitness Boot Camp

## Mark your Fall Calendars!!!

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Look for 5 consecutive Boot Camp sessions to be held at Flex Appeal. Session 3 will begin on January 13th and run until February 27<sup>th</sup> (Tuesday's and Thursday's). Bus transportation **TO** Boot Camp will be provided by the school, but students will need to be picked up at Flex Appeal at 3:45.

Permission slips will be located just outside the front office. The cost is \$59.00, permission slips and payment should be given to Mrs. Hanlon (Rm. 244). The Fitness Boot Camp will run from 2:45pm until 3:45.

Session 3	Jan 13th-Feb. 17th
Session 4	March 8th-April 14th
Session 5	May 10th-June 9th

Fitness Boot Camp is a great way to get in shape, build confidence and make new friends. Activities include: Kick boxing, weight lifting, cardio, circuit training, and much more.

**Permission Slips are located in the hall outside the main office. They are due by Monday, January 10<sup>th</sup>.**