



Buff Mama

Personalized Fitness Training

fitness. shape. health.

It's not as hard as you think.

KCC Boot Camp

*60 minutes of
Total Body Conditioning fun*

Bring yoga mat and hand weights (no less than 5 lbs please) and your adventurous spirit!

SATURDAYS, 3-4 PM

**Farmer's Market Parking Lot at
Kapiolani Community College**

**\$60 for 4 week commitment
(checks payable to Buff Mama Inc.)
Sign up via email info@buffmama.org
or voicemail 561-0018**

www.buffmama.org