



Buff Mama

Personalized Fitness Training

fitness. shape. health.

It's not as hard as you think.

GET FIT

And Have Fun Doing It!

Boot Camp @ Magic Island

Total Body Conditioning

- Tues & Thurs 5-6 pm and Sat 6-7 am
- 24 package for \$240 pre-paid, or \$15 single session
- Includes nutrition guidance & pre/post measurements
- Bring yoga mat, hand weights, adventurous attitude
- Details and registration at www.buffmama.org or contact Dawn at 561-0018 / info@buffmama.org



www.buffmama.org | info@buffmama.org | 808-561-0018