



## *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 6-7 am and Sat 7-8 am
- Four weeks, \$240 prepaid
- Includes nutrition guidance & pre/post measurements
- Bring yoga mat, hand weights, adventurous attitude
- Details and registration at [www.buffmama.org](http://www.buffmama.org) or contact Dawn at 561-0018 / [info@buffmama.org](mailto:info@buffmama.org)



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