



Buff Mama

Personalized Fitness Training

fitness. shape. health.

It's not as hard as you think.

GET FIT

And Have Fun Doing It!

Beginner's Boot Camp @ Magic Island

Total Body Conditioning

- Tues & Thurs 6:30-7:30 pm and Sat 7-8 am
- Four weeks, \$240 prepaid
- Includes nutrition guidance & pre/post measurements
- Details and registration at www.buffmama.org or contact Dawn at 561-0018 / info@buffmama.org



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