



Free Boot Camp Workout Sessions

October 12th and 14th

Email Dave@gtownbootcamps.com or call

262-305-4753 to reserve your spot

Free Boot Camp Details

Workout Days: Monday Oct. 12th and Wednesday Oct. 14th **Time:** 6:00 – 6:45 pm

Instructor and Camp Leader: Dave Schmitz PT, CSCS

Location: Faith Lutheran Church - Germantown

Who should attend: Any adult interested in becoming part of the fastest growing fitness boot camp in Germantown and would enjoy all the benefits of being part of a true fitness community.

This is a trial class for new individuals that are interested in seeing if G'Town Boot Camps is a great fit to help them start feeling, looking and performing better by being part a professional designed fitness program

To learn more about us go to www.gtownbootcamps.com

Let's Get Fit Together