

EXTREME III

JSF NEW YEARS BOOT CAMP

WHEN?
Jan 15th, 17th, 18th,
20th, 22nd, 24th, 25th and
then 27th (All weekday
workouts will be 7:30-8:30pm
Saturdays will be 12:30-1:30)

COST: \$80 or \$12 per
Class

WHERE? 3718
ROSEWOOD



JAMIE SCOTT FITNESS NIGHT BOOT CAMP!

Have you ever wanted to participate in a boot camp but your job or the early morning was an issue?

Friends, start the year off right with our New Year's boot camp. These workouts will be cardio based and will include strength training for major muscles groups. Expect to be pushed to the limit and burn a minimum of 850 calories per session. You will also receive nutritional advice that will enhance your workouts and equip your body for the

demands these workouts impose. Sign up now spaces are limited!! JS



Quick Blurb about Jamie Scott;
former Junior olympic 100 meter world champion, USC football player, along with over a decade in fitness training.

For more information call 803-790-7771 or email
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Follow us www.facebook.com/JamieScottFitness