

SURFIA'S



B O O T C A M P

- Doing the same *old* cardio workout? *Boredom* is the biggest reason people *stop* working out. Want to change it up? Come experience a completely **NEW** and **CREATIVE** way to get your heart rate pumping! New and innovative equipment, clean fresh air and a **CHALLENGE** for your inner athlete.
- **Classes offered Tuesdays & Thursdays 8:30am, 5:00 - 6:30pm at Swinson Park in Morehead City.**
- Cost \$10 per class or unlimited monthly pass for \$50.
- Surfia is a ACE Certified Personal Trainer.
- For more information contact:
Instructor Surfia at 252-732-4263 or www.fitnesstrainingbysurf.com

Carteret Co. Parks & Rec. 252-808-3301 or www.ccparksrec.com.

• **Your 1st class visit is complimentary!
Come try it...what do you have to lose?**