

# Take The Challenge

**Beach Boot Camp** – Sign up for a week or more.



Make this your personal CHALLENGE – come see why people are signing up for more! Class Size is limited and outdoor work\* is included. Get stronger,

gain confidence, tone up, this 90 minute class is guaranteed to challenge you – go for it!

Just \$99/week for our Inaugural sessions.

\*come with run/walk shoes, sweat towel & sunscreen as needed

Week of July 6<sup>th</sup> 6:30AM @ Stone Creek

Week of July 6<sup>th</sup> 7:15PM @ Stone Creek

Week of July 20<sup>th</sup> 6:15AM @ Lochmere

Week of July 27<sup>th</sup> 6:15AM @ Stone Creek



Additional weeks/times will be added – stay tuned.

Join us for an exhilarating 90-minute workout! Grab a friend or sign-up solo - just do it!

Triangle Pilates & Cary Yoga Center

Sign up on-line [www.trianglepilates.com](http://www.trianglepilates.com) or at the studio.

Stone Creek Village 466-9989

Lochmere Pavilion 851-7221