



ATTENTION RECRUITS:

Swimsuit season is here! Are you ready?

Want more energy, want to lose weight, want to become stronger & more confident?

Don't want to be outside in the elements? Don't want to have to run or jog?

Sundance Yoga Bootcamp is here for you!

We will hold early morning Bootcamp classes **INSIDE** the Friendswood studio from 5:45-6:45am, Mon/Wed/Fri.

YOUR MISSION: Should you choose to take on this mission, you have a choice of the following prices and you can choose which days to come:

- 1 class \$15
- 3 classes \$35
- 4 classes \$45
- 8 classes \$80
- 12 classes \$110

SIGN UP: For first timers, your first class is free! Sign up today to get on the path to lose weight, burn fat, reduce inches. Jumpstart your metabolism and push yourself to another level? Sundance Yoga Bootcamp is for you. An athletic, fat burning, heart rate raising workout designed with yoga and pilates in mind. All ages and all fitness levels welcome. Lots of options will be given for modifications. Open to everyone, bring a friend!

A sign up sheet will be posted at the Friendswood Yoga Studio. For more information, contact your superior officer at: bootcampanne@gmail.com or 281-482-9642 (YOGA).

Sundance Yoga Studio • 128 S. Friendswood Dr. • Friendswood, TX 77546
www.sundanceyoga.com