

# Train with a Purpose!

DEFINING SPORTS PERFORMANCE >>>



*You don't have to be a pro to train like one. Adult Boot Camp starts soon!*

- > Improve your strength, mobility, flexibility
- > Have more energy throughout the day
- > Receive the same instruction our pro athletes receive!
- > Tuesdays & Thursdays 6-7pm
- > October 27 – December 17 (join as late as 11/12)
- > **Introductory Rate!** \$225 (15 sessions)
- > Call now to register! Limited number of spots available!
- > 317-415-5747
- > 8227 Northwest Boulevard, Suite 160