



BOXING BOOTCAMP

WITH JOSH STEVENS,
PERSONAL TRAINER



FIVE POINTS
WASHINGTON

30 Minute Group Training

GET READY for 6 WEEKS of 30 MINUTE BOXING BOOTCAMP GROUP TRAINING!

Josh Stevens, Personal Trainer instructs this circuit training and boxing bootcamp group training class. He keeps the class fresh and challenging by changing up the exercises with partner drills, the use of weights, battle ropes, boxing and more. Let him show you how to get the most out of 30 minutes! *This class can be tailored for any age and fitness level.*

Boxing Bootcamp Group Training Times:

Monday 5:30pm Tuesday 9:15am
Wednesday 5:30pm Thursday 9:15am
Saturday 8:30am

Class Location: Personal Training Studio

Fee:

\$95 for 6 weeks unlimited sessions or \$145 for non-members.

Sign up at the front desk

**NEXT SESSION
BEGINS MONDAY,
MARCH 23RD!**

Contact Josh Stevens, Personal Trainer for more information at:
joshstevens9000@gmail.com.

Five Points Washington 309-444-8222 www.fivepointswashington.org