

# KOFI CORE BRIDAL BOOTCAMP

**ALL ARE WELCOME!**



**KOFI**  
C·O·R·E

**KOFI CORE BOOT CAMP WORKOUTS FOCUS ON PUSHING YOU FURTHER THAN YOU WOULD PUSH YOURSELF. BOOT CAMP WORKOUTS ARE PERFORMED INDOORS USING BOSU, WEIGHTS AND YOUR BODY WEIGHT FOR RESISTANCE. BE READY FOR THAT WEDDING, SPECIAL EVENT or STAY IN SHAPE AND TELL THE WORLD YOU HAVEN'T LOST A STEP!!**

**THIS CLASS AND FORMAT IS OPEN TO ALL AGES AND LEVELS OF FITNESS. WE WOULD LOVE TO INCLUDE GUYS AS WELL SO PLEASE FEEL FREE TO JOIN IN ON THE FUN!**

**KICKSTART YOUR FITNESS ROUTINE AND JOIN BOOT CAMP TODAY!**

**EACH SESSION LASTS 3 WEEKS  
BOOTCAMP SESSIONS ARE INDOORS  
45 MINUTE CLASSES STARTING AT 6:15AM  
CLASSES RUN MONDAY, WEDNESDAY AND FRIDAY**

## 2012 SESSIONS

**FEBRUARY 6<sup>TH</sup>-24<sup>TH</sup>  
MARCH 12<sup>TH</sup>-30<sup>TH</sup>  
APRIL 9<sup>TH</sup>-27<sup>TH</sup>**

## PRICE

UNLIMITED BOOTCAMPS/CLASSES: \$115/MONTH—ANNUAL MEMBERSHIP REQUIRED  
ONE 3-WEEK SESSION: \$199—REFER A FRIEND AND YOU EACH PAY ONLY \$175  
10 SESSION (drop in) BOOTCAMP CLASS PACK: \$250

## WHAT TO BRING

INDOOR SHOES  
WATER  
TOWEL/MAT  
FRIENDS

## WHAT YOU WILL EXPERIENCE

IMPROVED CARDIOVASCULAR HEALTH  
INCREASED MUSCLE STRENGTH, TONE AND DEFINITION  
BETTER FLEXIBILITY



**KOFI**  
C·O·R·E

**KOFI CORE STUDIO**

Phone: 612-247-4587  
E-mail: [info@koficore.com](mailto:info@koficore.com)  
<http://www.koficore.com>