

**SHAPE UP WITH YOUR WELLNESS TEAM
at the FIRST ANNUAL**

PCSB SUMMER BOOT CAMP

Join us for this 7 week summer program that offers fitness instruction, nutritional counseling and motivational training– packed with fun and energizing activities designed to help you:

**Improve Nutrition, Body Composition,
Endurance, Strength, Flexibility and Balance**

Acquire Skills to Stay Motivated During the School Year

Whether you are a beginner, an avid fitness enthusiast or just tired of the same routine, try this exciting, fun approach to reach your fitness and Wellness goals.

- **7 week program only \$25. Attend all 7 sessions and you will be reimbursed the \$25!**
- **All classes 10:00 a.m. – noon**
- **3 Different Locations:**
- **Lakeland North Gold's Gym: Mondays, June 14-July 26**
- **Bartow Gym (across from Bartow Senior): Tuesdays, June 15–July 27**
- **Winter Haven Gold's Gym: Wednesdays, June 16–July 28**

*We will not be meeting on July 5 due to the holiday. There will be a make up session available on August 2nd. Make up sessions will also be available the week of August 2-6 for those who are on vacation July 6th and/or 7th. Make ups must be attended to be eligible for the \$25 reimbursement.

Call 648-3057 or email jennifer.patzkowsky@polk-fl.net to register today. Limited spaces available. Please indicate location desired.