


**Boot Camp Prices**  
 5 days \$175  
 3 days \$120  
 per month/includes classes

# BOOT CAMP

1900 Trailwinds Drive, Fort Myers, FL 33907

**Playroom hours:**  
 Mon-Fri 8:15-10:15am  
 Mon-Thur 5:00-7:00pm  
 Saturday 9-11  
 \$2 per child

	Monday	Tuesday	Wed	Thursday	Fri	Saturday	Sunday
5:00 am	legs/core Ron	back & biceps Ron	chest/tri shoulders Kari	legs/core Steve	Total Body! Kari		
6:05 am	legs/core Ron	back & biceps Ron	chest/tri shoulders Kari	legs/core Steve	Total Body! Kari		
7:10 am	legs/core Ron	back & biceps Kari	chest/tri shoulders Kari	legs/core Kari	Total Body! Kari		
10:15 a.m. 45 min	legs/core Kari		chest/tri shoulders Kari		Total Body! Kari		

**\$39** month to month  
 1 month only: \$45



**GROUP CLASSES**

**\$120**  
 3 months

Monday	Tuesday	Wed	Thursday	Fri	Saturday	Sunday
8:15-9:00 <b>BODY flex</b> Kari	8:30-9:15 <b>Kari's Core Method</b> Kari	8:15-9:00 <b>Supersculpt</b> Christine	8:30-9:15 <b>Mat Pilates</b> Jen	8:15-9:00 <b>BURN</b> Kari		
9:15-10:00 <b>STEP Revolution</b> Kari	9:30-10:15 <b>SPINNING</b> Kari	9:15-10:00 <b>STEP Fusion</b> Christine	9:30-10:15 <b>SPINNING</b> Karen	9:15-10:00 <b>STEP Revolution</b> Kari	9:00-10:00 <b>STEP Revolution</b> Kari	9:00-10:00 <b>SPINNING</b> Steve
	10:30-11:15 <b>Yoga</b> Karen				10:15-11:00 <b>BODY flex</b> Jada	10:00-11:00 <b>PiYo</b> Renee
<b>for more info visit <a href="http://Karikardio.com">Karikardio.com</a> or call Kari :410-6157</b>						
				<b>Coming Soon!</b>		
				Speed and Agility Classes for middle and high school students!		
5:00-5:45 <b>Kari's Core Method</b> Kari		5:00-5:45 <b>JOLT!</b> Erin	5:00-5:45 <b>BODY flex</b> Kari	4:30-5:30 <b>Yoga</b> Shakti		
6:00-6:45 <b>SPINNING</b> Dayna	5:30-6:15 <b>STEP Revolution</b> Kari	6:00-6:45 <b>SPINNING</b> Erin	5:45-6:30 <b>STEP Revolution</b> Kari	5:45-6:30 <b>SPINNING</b> Lana		
6:45-7:30 <b>Kickboxing w/bag</b> Brigitte	6:15-7:00 <b>Supersculpt</b> Jada	7:00-8:00 <b>Yoga</b> Shakti				