

Spring, Come Soon....

FIT CAMP

WITH COACH CAROL

**Twelve Sessions -
Stronger You!**

**12 hrs of professional
training for only \$120!**
(guests welcome for \$15 drop in fee)

*Certified Health Coach, Fitness Trainer, Group X
Instructor since 1989 No judgment, just
professional group exercise coaching and
Focus on YOU!*

May 2nd - June 9th

Every Wednesday 6:00 p.m. -7:00 p.m. and
Every Saturday 8:00 a.m. - 9:00 a.m.

Studio 9247, 206 Concord St. Peterborough NH
(across from Brady's American Grill)

Items needed:

yoga mat and/or large towel, water, studio shoes

Please register in advance at getbusyliving8.com

Each week we mix it up with power, strength, core and interval circuits, paired with elements of yoga and injury prevention stretches and relaxation. Always with a warmup and cool down.

Contact me with any questions at 978.660.8558 or
getbusyliving8@gmail.com

