

# RENO'S BOOTCAMP CHALLENGE

## ARE YOU READY FOR THE CHALLENGE?

Get out of that fitness rut. Dig deep and push yourself with this no-nonsense, intense, workout challenge.



We get down to basics: cardio endurance, core strength, flexibility and nutrition. Get positive, visible results that will motivate you to stay on track!

### BOOTCAMP WORKOUTS:

- Burn **TONS** of calories, reduce stress, lose weight, and increase energy!
- Challenge you to push outside your comfort zone and maximize effort!
- Work your **WHOLE BODY** in a short period of time!
- Build confidence and friendships!
- Holds you accountable and helps you set and reach your **GOALS!**

### BASIC TRAINING SESSIONS:

Aug 9 —Sept 18 ( M/W/F )	6:00 a.m.— 7:00 a.m.
Aug 9 —Sept 18 ( M/W/F )	9:05 a.m.—10:05 a.m.
Aug 9 —Sept 18 ( M/T/W/T/F )	5:30 p.m.— 6:30 p.m.
Aug 9 —Sept 18 ( T/Th )	12:00 pm.— 1:00 p.m.
Aug 9 —Sept 18 ( Saturday )	8:30 a.m.— 9:30 a.m.



**MEMBERS: \$149**

**NON-MEMBERS: \$199**

\$99 BOOTCAMP WHEN YOU SIGNUP AS A NEW MEMBER WITH THE SOUTH RAC  
(MUST MENTION THIS AD)

**SPACE IS LIMITED SO RESERVE YOUR SPOT TODAY!!!**  
**ONLINE AT: [RENOBOOTCAMP.COM](http://RENOBOOTCAMP.COM) OR CALL BILL DUVALL AT: 775-378-9798**