

LADY OF AMERICA BOOT CAMP FITNESS FOR WOMEN

- 4 Week Physical Training Programs
 - Increase Stamina, Strength and Endurance
 - Motivational to Achieve Maximum Results
 - All Fitness Levels

GET STARTED FOR A
COMPLETE
LIFESTYLE CHANGE!

CALL TODAY FOR START
DATES AND TIMES!

TEAMWORK • FUN • MOTIVATION



PUEBLO SOUTH
2035 Pepper Lane
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www.LOAFitnessForWomen.com/Pueblo

FITNESS DESIGNED FOR WOMEN