

The HI-5 FitCamp: Your Summer Shape-Up Solution!

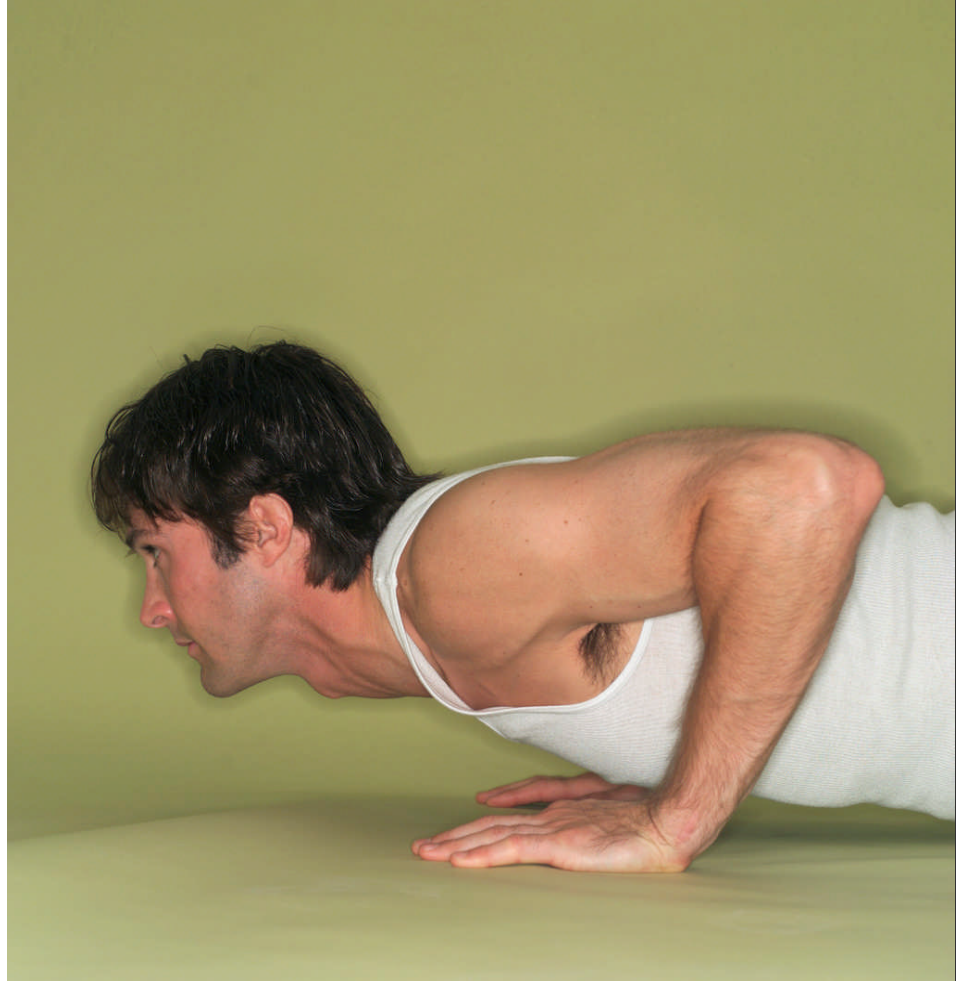
The HI-5 FitCamp is a High Intensity Functionally Integrated fitness class that eliminates fat and develops strength, endurance, power, flexibility, balance and coordination! Whatever your fitness goals may be, the HI-5 FitCamp is your ticket to achieving them. No matter your current condition, from athlete to beginner, we can get you to your goals. If you're looking for a fun, effective and educational class to help you get ready for the summer months at the beach or by the pool, you just found it!!

**Call and Start The
Journey to a Healthier
You Today!!**

The HI-5 FitCamp

- **Decrease Body Fat**
- **Increase your lean muscle mass**
- **Increase your strength**
- **Improve Your aerobic conditioning**
- **Improve your Balance, Coordination, Flexibility**
- **Reduce Back Pain, and Prevent Injury**
- **Jump Start your Metabolism**
- **Nutritional/Dietary Information Weekly**
- **University Educated and Nationally Certified Instructors!**

**Space is limited,
REGISTER TODAY!**



Train Like You Mean It.

PAIR & MAROTTA
PHYSICAL THERAPY

661-912-9991

Aaron Gillies BS, CSCS

**Starting March 15th,
April 19th, May 24th**

**Who: Men and Women
18 and 65**

**Bring: Running Shoes
Water bottle, & Towel**

When:

**M, T, Th, F—5:45-6:45am or
M—Th 5-6pm**

**Cost: \$120—Ask about
Group Rates**

Visit us at www.pairmarotta.com/fitness