

Cardio-Core BOOTCAMP™

ANCASTER

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Give your mind and body the optimal fitness
experience:

Circuit Training, Weight Training, Stability Ball, Obstacle
Courses, Running, Balance, Flexibility, Core
Strengthening, Sport Conditioning, Agility, Power Walking
and Stretching.

- Discount for St. Joseph's Healthcare Hamilton employees:
 - \$20 off Regular Bootcamp
 - \$15 off Flex Pass
 - \$10 Beginner Bootcamp
- Hospital ID required for confirmation of employment status
- Valid only at Ancaster location
- Valid only for 1 session

Visit www.corebootcamp.com, call 289 440 3389
or email tracy@cardiocorebootcamp.ca

WE WANT YOU!
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