

[www.D3BootCamp.com](http://www.D3BootCamp.com)



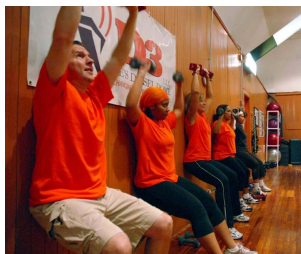
## Outdoor Fitness Boot Camp Classes Registering Now

D3 is more than just a “work out class.” It is truly an experience! If you commit to D3, we will commit to getting you in the BEST SHAPE OF YOUR LIFE – for the rest of your life.

Outdoor Boot Camp is a great way to get outside and get fit for the summer months.

### We offer:

- A motivating yet **intense** boot camp style workout for every fitness level
- An **energized** and fun environment
- We hold you **accountable** for coming to your assigned sessions
- **Affordable** Fitness-\$10.00 per session...yep, that's it! ( 2 session minimum per week)
- Boot Camp Divas-for **women** only, Boot Camp Coeds- for **men** and women, and coming soon, Boot Kamp Kids for **kids** of various ages
- Great **location** w/ free parking: 125 E 26<sup>th</sup> St. The gym in Trinity Episcopal Church 3<sup>rd</sup> flr (26<sup>th</sup> and Michigan.) **Outdoor Boot Camp** locations nearby.



**Phone: 312.276.5138 x10**