



PRESENTS...

## BOOT CAMP

**M W & F 5:30-6:30am**

Come experience a boot camp like no other. If you like a high impact kick your butt type of workout, then this 12 week boot camp program is for you. Come experience how our elite military personal stay in tip top shape and have a little fun doing so.

# The Playground

**M W & F 9:00-10:00am**

Send the kids to school then come on by The Playground®, where adults play. If you're tired of the same old gym workouts and classes, this workout is for you! Get ready for new exercises and new equipment. 3 trainers will push you like never before. You're guaranteed to drop a size, lose fat, and have fun. .

Location:



**259 Eastern Blvd, Glastonbury, CT**

Attend either class free with this  
coupon

Alpha Fitness, 385 Center Street,  
860-432-9997 [www.GoAlphaFitness.com](http://www.GoAlphaFitness.com)