

# SPRING FIT BOOTCAMP

8 WEEK TRAINING WITH TRISTA PARK

**\$300**

for 8 weeks!



**STEP INTO A NEW SEASON WITH CONFIDENCE AND VITALITY!**

Spring Fit Bootcamp is designed to help you reach your health goals with personalized guidance every step of the way. You'll receive two InBody scans to track your progress, along with daily workouts you can do on your own to stay on track. A nutrition program will also be included to help you fuel your body for maximum results. Embrace the spring season with energy, focus, and a renewed sense of purpose – it's time to blossom into your best self!

**SATURDAYS • APRIL 5TH – MAY 24TH**

**8:45AM – 9:45AM**

**BOOK NOW! CONTACT TRISTA TO REGISTER:  
707. 291.9287 OR TRISTAP@AIRPORTCLUB.COM**