

Wave's Fall Boot Camp

Intense outdoor workouts, cardio drills, plyometrics, strength and core training.



SEPTEMBER 14 - OCTOBER 22, 2009

Two Classes Per Week:
Monday and Wednesday 6:15-7:00 a.m.
or
Tuesday and Thursday 5:30-6:15 p.m.

Members: \$125
Non-members: \$150

Please contact Laura Chevalier at 617.385.4577 or Laura.chevalier@wavehealth.com for more details, or to sign up.

