

I dare you to say the F word... I double dare you!!!

FRAMEWORKS FIT CAMP

Tired of the same old workout?

Serious about losing weight and getting FIT?

- Outdoor fun BOOT CAMP program
- Train your entire body
- Modified for any fitness level
- Next 4 week session begins in May
- Register soon spots fill quickly!

**Go to
frameworksfitness.com
for more information
and to register or call
519-220-9378**

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YOU CAN ACHIEVE GREAT RESULTS!