

# OUTDOOR BOOTCAMP CLASS

presented by  
**SPICES Fitness & Lifestyle**



**REGINA BEACH  
CAMPGROUND-  
SINCLAIR FAMILY  
YARD**

**Saturdays 9-10am  
July 16<sup>th</sup> to  
August 27<sup>th</sup>, 2016**

**Register today!**

[bnikkari@accesscomm.ca](mailto:bnikkari@accesscomm.ca)

*Register today!*  
[www.spicesfitness.com](http://www.spicesfitness.com)  
[www.spicesfitness.com](http://www.spicesfitness.com)

*A Fitness Class for all  
ages!*

*\$10/Adult*

*Children are Free!!*

*\*Running challenges*

*\*Agility training*

*\*Speed work*

*\*Power drills*

**GET FIT AND HAVE**

**FUN IN THE GREAT**

**OUTDOORS!**

