

SoccerMom Fitness Camp

FAT-BURNING

FLEXIBILITY

FUN



FITNESS

TONING

FRIENDSHIPS

It's no secret why soccer players are one of the best in shape athletes!

**TONE YOUR GLUTES, THIGHS & ABS
GET YOUR "STEPS" IN
IMPROVE ENDURANCE & STAMINA
BURN CALORIES, LOSE WEIGHT
HAVE FUN**

75 MINUTE SOCCER FITNESS WORKOUT

SOCCER DRILLS-CIRCUIT TRAINING-SCRIMMAGE

\$99 FOR 5 WEEKS

Every Friday Starting February 24

6:30pm – 7:45pm

OPEN TO ALL WOMEN AGES 30 & OLDER

Space limited to the first 24 ladies!

For More Info/Register Online:
www.PlayOlympicSoccer.com

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75 MINUTE SOCCER FITNESS WORKOUT

SOCCER DRILLS-CIRCUIT TRAINING-SCRIMMAGE

\$99 FOR 5 WEEKS

Every Sunday Starting February 28

4:30pm – 5:45pm

OPEN TO ALL WOMEN AGES 30 & OLDER

Space limited to the first 24 ladies!

For More Info/Register Online:
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