

# Attention:

Fire Fighters    Police Officers  
Active Military Personnel



You serve us everyday..... It's our turn to pay it forward

Active Fire Fighters, Police Officers, and Military Personnel  
Attend

SHIFT Boot Camp classes with Anna Shuffler

**FREE**

**When:** Fridays at 5am  
Saturdays at 7am

**Where:** 208 N 5<sup>th</sup> Street  
Corner of Beale and 5th

**More Information?**  
Contact Anna Shuffler  
at 928-279-2386

**SHIFT**  
SHUFFLER HIGH INTENSITY FITNESS TRAINING

