

MAKE THE SHIFT TO ANNA SHUFFLER'S BOOT CAMP SHUFFLER HIGH INTENSITY FITNESS TRAINING (SHIFT)

Just in time for the new year a new location
208 N 5th Street
On the corner of Beale and 5th

Is high intensity boot camp right for you?

YES!! Anna Shuffler's Boot Camp is right for everyone. If you are just starting a fitness program or in top condition, you will see results with Anna Shuffler's Boot Camp. With Anna's coaching, you will be motivated to reach your personal high intensity level. This level is different for each of us and Anna knows that. She'll help you reach your personal best.

This is a program for EVERYONE.

SHIFT (SHUFFLER HIGH INTENSITY FITNESS TRAINING)

Schedule:

Monday	5:00—6:00 am	
Tuesday	9:00—10:00 am	6:00—7:00 pm
Wednesday	5:00—6:00 am	5:45 - 6:45pm
Thursday	9:00—10:00 am	6:00—7:00 pm
Friday	5:00—6:00 am	
Saturday	7:00—8:00 am	

Want to get in shape? This is the program for you. Intense—but not threatening. Get results. Work at your intensity level.

Want to stay in shape? This is the program for you. Work with Anna to reach your goals and push yourself to your next level of intensity.

SHIFT (SHUFFLER HIGH INTENSITY FITNESS TRAINING)

For more information contact Anna at:
928-279-2386

\$80 per session

4 week sessions include:

- Unlimited classes
- Pre & post measurements
- Nutritional counseling
- Free T-shirt

Punch card—come when you can (\$50 for 10 classes)

Payment options include cash, check, and paypal



SHIFT

SHUFFLER HIGH INTENSITY FITNESS TRAINING

www.kingmanfitness.com

Make the SHIFT Today!



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