



# SPD

## FACTORY™

SPEED & POWER DEVELOPMENT



# 8-WEEK SPD BOOT CAMP



660 Lakeville St.  
Petaluma, CA 94952  
(707) 762-FAST (3278)  
[www.spdfactory.net](http://www.spdfactory.net)



## ARE YOU READY FOR AN ADVENTURE THAT IS BOTH CHALLENGING AND REWARDING?

Achieve the results you're looking for in 2010 by enlisting in the **SPD Factory Boot Camp**. It is a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and break through plateaus! Regardless of your fitness level, emphasis is placed on exercising safely, having fun, and completing the challenge. Get in shape with an exciting 60-90 minute class that is sure to be inspiring and motivating. Our Boot Camp is a great way to energize your day while obtaining your fitness goals. If you are tired of the same old routine, then there's no better time than today to start living a full and healthy life!

- Burn Fat & Lose Weight
- Increase Energy & Reduce Stress
- Build Confidence & Self Esteem
- Expand Functional Body & Core Strength
- Nutritional Counseling
- Certified & Experienced Trainers



**DATES:** January 4th – February 27th

**TIMES:** Monday, Wednesday, Friday 5:30 am at SPD  
& Saturday 6:30 am Outside location TBD

**PRICE:** \$500 Limited Space