

THE PALEO EXPERIENCE BOOTCAMP

looking back in time for modern
health, fitness and fat loss solutions



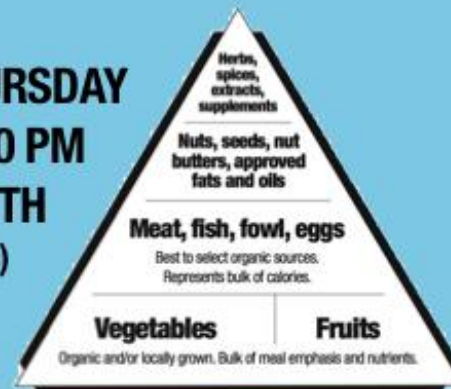
Which one would
YOU like to be?



This bootcamp will give you a
simple, effective template to
follow to achieve fitness, fat
loss and really impact your
health in a permanent way!

- MEAL PLANS - ACCOUNTABILITY - TRUE METABOLIC FAT LOSS WORKOUTS -

TUESDAY AND THURSDAY
5:30 to 6:30 PM
BEGINS JANUARY 4TH
\$120/month (members)
\$160/month (non-members)



- CHALLENGE YOURSELF - WORK HARD - GET LEAN - SEE RESULTS -



This is an **ADVANCED** interval training program. Each month is closed (no drop-ins) to ensure maximum progress.

If you have questions, Please contact instructor, Rueben, *prior* to registration.

trainerrueben@gmail.com



Instructor: Rueben Barca