

TEL: 512-496-1808

Fall Fitness Boot Camp

TEXAS PLAY HARD | HOW DO YOU PLAY?

Texas Play Hard is bringing the fitness to Pflugerville!

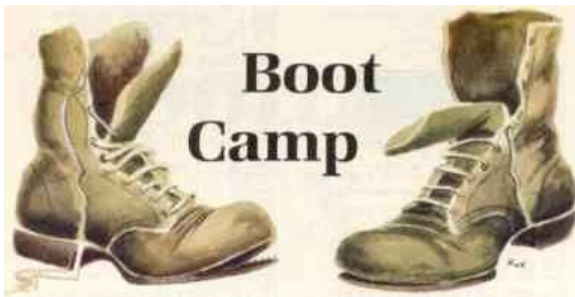
Our program is perfect for anyone wanting to get stronger, tone up, feel better, or who just want a great workout in a group environment.

Forget the gym! Come workout in your community and enjoy being outside.

Our program incorporates a safe and effective method for achieving physical fitness supported with nutritional advice in a fun and dynamic group environment.

No matter what your fitness goal is we can help you achieve it!

Location will be next to the running trail near the intersection of 10th St. and Settlers Valley Dr.



FOR MORE INFORMATION VISIT US AT
WWW.TEXASPLAYHARD.COM

Sign up is open now through October 8th!
Sign up ONLINE or by MAIL!

Texas Play Hard, Inc.

CAMP PROGRAMS:

GROUP WORKOUT

10/12/2009 - 11/6/2009

MONDAY/WEDNESDAY/FRIDAY

6 AM TO 7 AM

\$20 PER PERSON FOR 1 SESSION

OR

\$150 PER PERSON FOR 12 SESSIONS

COUPLES' CHALLENGE

10/10/2009-10/31/2009

SATURDAYS 9AM TO 10 AM

\$35 PER COUPLE FOR 1 SESSION

\$5 OFF FOR REFERRING A FRIEND!

**CONTACT CHARLOTTE JOHNSTON FOR
MORE INFORMATION**

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Business Mailing Address:

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