

Coach Smith's

Run-Fit Boot Camp



**Turfway Park Race Track
Grandstands
7500 Turfway Road
Florence, KY 41042**



Tired of the same, boring workouts that fail to give you results? Want a great experience, be inspired and motivated, and get guaranteed results? At the Personal Impact Fitness Run-Fit Boot Camp, you'll get the most effective calorie-burning and body-sculpting workouts led by Exercise Physiologist, Certified Natural Running Form Coach, and nationally-recognized personal trainer Ryan A. Smith, MS ACSM-CPT.

If you want to be fit, you need to be RUN-FIT!

FOR 4 WEEKS ONLY! JANUARY 23 - FEBRUARY 16, 2012

Mon & Wed @ 6:30 pm

Tues & Thur @ 6:00 am

DROP-IN FEE - \$15

4 WEEKS (8 workouts) - \$100 (\$12.50/workout)

**Space is Limited
Sign up now!**

PersonalImpactTraining.com/RunFit

