

Pilates of Boulder, Inc. PRESENTS

# **BOOT CAMP PILATES**

## **We Will Kick Your Butt!**

**Instructor: Former Green Beret, Sgt. Richard Rossiter**



Sgt. Richard Rossiter, 7<sup>th</sup> Special Forces

**"If you want the ultimate work-out for your upper body, core and over-all fitness and flexibility, this is the class for you!"**

- **Join Boot Camp Pilates (4 week session, 1 x/week) \$70/ for the each session (SPACE is limited!)**

**CAMPS AVAILABLE new time!):**

**Time & Day: Monday @ 11am – these are on-going sessions (**

**→ Get ready for Summer: hiking, biking, climbing, LIFE etc.**

**2770 Dagny Way, Ste. 106, Lafayette, CO 80026 Ph: 303-443-2439, Richard**

**[www.pilatesofboulder.com](http://www.pilatesofboulder.com)**