SEMINOLE NATION DIABETES PROGRAM

PRESENTS

WRECK THE HALLS BOOT CAMP

Spots for The Midnight Wrecking Crew are open**
Boot Camp is FREE!

- Total Body Workout
- Varied Exercises
  - HIIT Cardio
  - Body Weight Exercises
  - Plyometrics
  - Static Exercises
- Burn Calories Post-Exercise
- Start the process to improve your strength & stamina

Thursday December 22nd, 2016

Mekusukey Mission Gymnasium

Midnight (12:00)
Warm-Up begins @ 11:50 pm

Passing of the PAR-Q Form and completion of the Consent & Waiver form required.
- Absolutely No Exceptions -

****Limited Spaces Available****

****All Levels of Fitness Welcomed****

CI COOPER Certified CooperInstitute.org

RSVP or for more information contact James Fife @ 405 234 5247
or email fife.j@sno-nsn.gov