

# 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 22<sup>nd</sup>, 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\*\***



*RSVP or for more information contact James Fife @ 405 234 5247  
or email [fife.j@sno-nsn.gov](mailto:fife.j@sno-nsn.gov)*