

BOOT CAMP

Jan. 23 - Feb. 15

Mondays & Wednesdays 6:15pm - 7:00pm



RESERVE YOUR SPOT TODAY!!

334-440-6344

DRWOODS@HARTCHIROCLINIC.COM



Hart
Chiropractic
clinic

**4135 ATLANTA HIGHWAY
MONTGOMERY, AL 36109**

- 4 WEEK GROUP FITNESS PROGRAM
- LOSE WEIGHT, GET IN SHAPE, & HAVE FUN!
- CREATED BY A LICENSED DOCTOR OF PHYSICAL THERAPY
- NUTRITIONAL COUNSELING, MOTIVATION, GOAL WRITING AND GROUP ACCOUNTABILITY!
- STATIONS TO CHALLENGE YOUR FLEXIBILITY, ENDURANCE, AGILITY, STRENGTH & POWER
- \$100 PER PERSON
(GROUP & PATIENT DISCOUNTS AVAILABLE)

