



# BOOTCAMP

faster. stronger. better.

**KIN  
MOVE  
INVITES  
YOU**

**STARTS  
TUESDAY MAY 3RD**

**Early Bird Specials Available !!**

**8 WEEK PROGRAM: TUESDAYS & THURSDAYS @ 6:30am, SATURDAYS @ 10:00am**

**LOCATION: KEY Physiotherapy, 3480 Joseph Howe Drive, Halifax NS**

**CONTACT: (902) 448-1343 Email: adam@kinmove.ca**

**COST: \$10/drop -in or \$90/10-pack or \$175 UNLIMITED!!!**



**Be warned... KinMove BOOTCAMP will deliver improvements to your fitness level, fast!**

**KinMove**

**WWW.KINMOVE.CA**