

P90X LIVE BOOT CAMP

Ultimate Shape Fit Club / www.ultimateshapefitclub.com
Head Coach Myles Murphy 619-888-8005 / coachmyles@gmail.com

Teachers , We Want To Work Out With You!

The Ultimate Shape Fit Club transforms fitness, builds community, and grows success...together. We know just how important teachers are for our community and we want to give something back to you.

San Diego school teachers get a special discount on our weekly workouts that are sure to help you reach your fitness goals.

We work out together as a team and help each other get in great shape. We are building a community of people who strive for our personal best together in a supportive and dynamic environment. As leaders in our community, we would like to extend a special invitation to each and every one of you to be a part of that experience.

Get In Your Ultimate Shape With P90X LIVE!

You've seen it on TV, now join us for a workout experience like nothing you have done before. Each class will follow a P90X dvd workout with two P90X LIVE coaches. P90X is a revolutionary system of 12 workouts designed to transform your body and take your fitness to the highest level possible. **Together, we can shine in 09!**

- All fitness levels welcome to this 1 hr full body conditioning class
- Mondays – 6:30 pm at the Pacific Beach Rec Center
- Thursdays – 6:00 pm at the South Clairemont Rec Center
- RSVP required with Myles Murphy – space is limited
- 1st workout is FREE, then just \$3 per workout (\$5 public)
- Visit www.ultimateshapefitclub.com for details
- Contact Myles Murphy – 619-888-8005 / coachmyles@gmail.com