



HUDSON BOOT CAMP

By
Karen Scafidi



For ALL fitness levels!

Jump-start a fitness program before the new-year!!!

Improve strength and endurance, and have fun in this hour long class combining cardiovascular and strength training!

- Instructed by:** Karen S. Scafidi,
AFAA certified group exercise instructor and personal trainer.
- Dates:** Thursdays 9-10 A.M
11/6, 11/13, 11/20, 12/4, 12/11, and 12/18
- Location:** Kensho Ryu Kenpo Karate
21 Main St., Suite 3B
Hudson MA, 01749
www.ksrhudson.com/programs.html
- Cost:** \$90 for the 6-week session.

**(6 people minimum required to run the program, 10 people maximum.
If there is interest beyond 10 another session can be added)**

- Please pre-register:** Checks payable to Karen Scafidi.
Mail to Karen at: 3 Merritt Drive, Hudson, MA 01749.
Call me with any questions: (978) 875-0203

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