

# OUTBACK BOOT CAMP



FIVE POINTS  
WASHINGTON

WITH  
JOSH STEVENS,  
PERSONAL TRAINER

## OUTDOOR GROUP TRAINING WITH PERSONAL TRAINER, JOSH STEVENS



**SATURDAYS  
@ 9AM**

*Outback Boot camp is an outside group training experience that emphasizes using training strategies that will help you build strength and endurance. Specialties in this boot camp will consist of tire workouts, climbing over and under walls and using natural terrain as a workout space. Anyone who is doing a Spartan/ Tough Mudder or Obstacle Course Race would benefit from this group training. If you like to be outside and workout out, you will love this boot camp!*

SIGN UP AT THE  
FRONT DESK.  
FOR MORE QUESTIONS  
CONTACT JOY GROVE @  
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call 444-8222  
[www.fivepointswashington.org](http://www.fivepointswashington.org)



**COST FOR  
6 WEEKS  
MEMBERS \$65 &  
NON-MEMBERS \$125**

