



# BOXING BOOTCAMP

WITH JOSH STEVENS,  
PERSONAL TRAINER



FIVE POINTS  
WASHINGTON

## 30 Minute Group Training

**GET READY for 6 WEEKS of 30 MINUTE BOXING BOOTCAMP GROUP TRAINING!**

**Josh Stevens, Personal Trainer** instructs this circuit training and boxing bootcamp group training class. He keeps the class fresh and challenging by changing up the exercises with partner drills, the use of weights, battle ropes, boxing and more. Let him show you how to get the most out of 30 minutes! *This class can be tailored for any age and fitness level.*

### **Boxing Bootcamp Group Training Times:**

Monday 5:45pm      Tuesday 9:15am  
Wednesday 5:30pm      Thursday 9:15am

**Class Location:** Studio 2

**Fee:** \$90 for 6 weeks unlimited sessions  
*\*sessions expire 6 weeks after date of purchase*

**Sign up at the front desk.**

Contact Josh Stevens, Personal Trainer for more information at:  
[joshstevens9000@gmail.com](mailto:joshstevens9000@gmail.com).

**Boost your confidence, get a full body workout, learn self defense skills, relieve stress, and have FUN!**

Five Points Washington    309-444-8222    [www.fivepointswashington.org](http://www.fivepointswashington.org)

**Class Begins  
February 19th**