

EXTREME V

JSF SUMMER BOOTCAMP

WHEN?

JUNE 15th, 18th, 20th, 21st,
22nd, 23rd, 25th, 27th 28th 30th (All
weekday workouts will be 7:30PM
Saturdays will be 7:30 AM)

COST: \$100 or \$12 Class

WHERE? 3718 ROSEWOOD
DRIVE



JAMIE SCOTT FITNESS NIGHT BOOT CAMP!

Have you ever wanted to participate in a boot camp but your job or the early morning was an issue?

Friends, start the Summer off right with our calorie burning boot camp. These workouts will be cardio based and will include strength training for major muscles groups. Expect to be pushed to the limit and burn a minimum of 850 calories per session. You will also receive nutritional advice that will enhance your workouts and equip your body for the

demands these workouts impose. Sign up now spaces are limited!! JS



Quick Blurb about Jamie Scott; former Junior olympic 100 meter world champion, USC football player, along with over a decade in fitness training.

For more information call 803-400-1215 or email

jamie@jamiescottfitness.com

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