

Better Bodies Fitbody Boot Camp



Susan Ottey

- Certified Athletic Trainer
- Certified Strength and Conditioning Specialist
- Licensed with VA Board of Medicine

757-348-6153

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www.betterbodies757.com

Your favorite bootcamp is moving indoors! We'll now be getting our fit on at Muscle Beach East Gym Monday and Wednesdays 6:30-7:30pm. Fit body bootcamp is a combination of HIIT (high intensity interval training), muscle strengthening, and all over body toning. All fitness levels are welcome! Check our our Groupon.

Sign up for a **FREE** class at
www.betterbodies757.com

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**Located at 201 West Ocean View Avenue
Norfolk 23503**