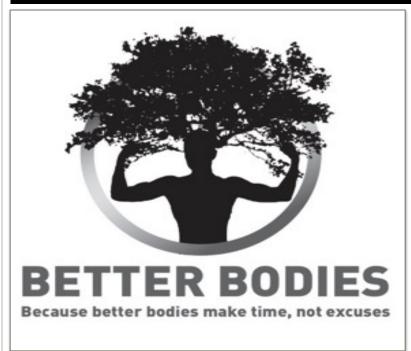
## Better Bodies Fitbody Boot Camp







## Susan Ottey

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

757-348-6153 betterbodies757@gmail.com 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 757-348-6153

Located at 201 West Ocean View Avenue Norfolk 23503