

## **July Fitness at Crown Point Striving to Achieve Fitness Goals!**



### **Butts & Guts**

This class is designed to slim and strengthen your lower body which includes Hips, Glutes, Abs, and thighs. This class is for all fitness levels.

**Instructor: Quan Harris**

**T & TH at 12:10 - 12:50pm 7/5/11–8/4/11  
\$70 No Refunds (Minimum 10 people)**

### **Kettle Bell Workout**

Kettle Bell workout is designed to maximum amount of calories and strengthen the core. You can burn up to 20 calories per minute. This class will be for all fitness levels.

**Instructor: Quan Harris**

**M & W at 5:30 - 6:15pm 7/6/11 – 8/8/11**

**Price: \$75 No Refunds (Minimum 7 people)**



### **Optimum Fitness Boot Camp**

**Our boot camp workouts vary, and include calisthenics, military style running, speed drills, agility course, and more. It is designed to work with people of all fitness levels, from beginner to advanced!**

**Location is at Hammond Park 705 Hammond Drive Atlanta, GA 30328**

**T & TH at 7 - 8am 7/5/11–8/4/11 Price: \$150 No Refunds**

**Sign up Party: June 29, 2011 at 11:15 - 12:15pm in 1040 Lobby**



**Harris Optimum Fitness**

**Quan Harris**

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