

July Fitness at Mansell Overlook 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

Location Building 200 Suite 109
T & TH at 11:00 - 11:45pm 7/5/11–8/4/11
\$75 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

Location Building 300 Suite 125
M & W at 4:15 - 5:00pm 7/6/11 – 8/8/11
Price: \$75 No Refunds (**Minimum 10 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 at Health Fair June 28, 2011 at 11:00 - 2:00pm in Building 300



Harris Optimum Fitness

Quan Harris

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www.FitwithHOF.com