

*Dust off your "skinny" jeans...*



**You Just Found The Body Toning,  
Weight Loosing, Make You 10x's  
Stronger and Healthier Boot  
Camp You've Been Searching For.  
It's right here at Green Mtn. Gym.**

Green Mountain Gymnastics has teamed up with **Vermont High Impact Boot Camp** to bring fat-melting, fun, and effective workouts right here at our facility.



Vermont High Impact is brought to you by the longest running fitness Boot Camp program in the Burlington Area. They've got the workouts dialed in to **burn 688 calories** before most people get out of bed.



Plus, they've agreed to offer **\$100 OFF** the price for GMG families and friends, so we all can get strong and toned like the kids that train here!

**Women's-only and coed classes**, and this discount code works for all of them.



**The first classes start March 1.  
HURRY! They will fill up, so check it out now!**

To get your **\$100 OFF**, go to **[www.VermontBootCampsRock.com](http://www.VermontBootCampsRock.com)**.  
Discount good for ALL Vermont Boot Camps Rock locations & times.

**When registering enter the **DISCOUNT** code: GMG**

Classes are at a "No excuses"  
time of day – 5:30 am and 6:30 am.

**YOU CAN DO IT!**

