

Summit ESC Fitness Boot Camp

When:

Aug. 29 – Dec. 14

Every Tuesday & Thursday

4:30-5:30

Where:

Big Tree Fitness

1678 Merriman Rd.

Akron, Ohio 44313

Cost:

\$7 per workout

Payment directly to Michael Meeker

Register Online:

<http://SummitESC.org/Events>

Join Trainer Michael Meeker– ISSA Certified Personal Trainer and Strength Coach up to twice a week for Body Weight Conditioning Programming and nutritional advice. This program is designed for beginner to advance participants.

Please bring:

- Yoga Mat
- 2 large bath towels for partner row
- Water bottle

Optional :

Strength Training Band

No Refunds on Workshop Registrations

Questions? Contact Debbie Shorter at 330-945-5600 ext. 511257

