

# IRON BODIES GYM

[WWW.IRONBODIESGYM.COM](http://WWW.IRONBODIESGYM.COM)

(949) 645-6995

## FITNESS TRAINING CAMP

The last Saturday of each month 8:30am-Noon

### Schedule of events

08:30-09:30 "BodyPump" Full Body Workout  
09:30-10:30 Strength Training  
10:30-10:45 Rest  
10:45-12:00 Integrity Drills\*

### ALL FITNESS LEVELS WELCOME

- . Gain Strength
- . Lose Body fat
- . Push yourself past what you thought possible with our Integrity Drills\*

Only \$ **25**

### WAYS TO REGISTER

- . Phone (949)645-6995
- . In person at Iron Bodies Gym:  
2380 Newport Blvd, Costa Mesa 92627
- . Send an email with your name to:  
[IronBodiesGym@aol.com](mailto:IronBodiesGym@aol.com)

\*Cardio based drills brought to you by Brazilian Jiu Jitsu Blackbelt Mike Tomacelli, designed to build endurance and integrity.