



Presents

Mommy and Peeps Boot Camp Class

with Jessica Haynes, CPT

- Wife
- Homeschooling mom of 2
- Certified Personal Trainer, AFFA
- Certified Lifestyle & Weight Management Specialist



This class is designed for mom and her children of all ages! Come join us for an introductory class on **Monday, November 2nd 2:00pm-3:00pm**. Jessica will get moms and peeps moving and also give a presentation on healthy eating on a budget. The cost for this class is \$10 per family. Please RSVP, space is limited! Call today to reserve your spot (843)837-8383.