

# ANABOOTCAMP

## **YOUR DRILL COMMANDER:**

(AS SEEN IN WESTCHESTER MAGAZINE)

**WINTER LOCATION**

**FROM  
NOV. TO MARCH**

**“YOUTH  
CENTER”**

**IN  
BRIARCLIFF MANOR**

**GOAL**

**BURN 599 CALORIES**

**HAVE FUN**

**TO GET YOU THE**

**FLATTEST BELLY  
TONED ARMS**

**&**

**THE SEXIEST LEGS  
EVER!**



**MONDAYS**

**AND**

**WEDNESDAYS**

**FROM**

**9:30 AM - 10:30 AM**

**\$35 = 1 SESSION**

**\$250 = 10 SESSIONS**

**CAUTION: THIS  
BOOTCAMP IS ADDICTIVE**

**SHE WILL TRANSFORM YOUR BODY**

**KEEP YOU SAFE**

**AND**

**MODIFY THE EXERCISES BASED ON**

**YOUR NEEDS**

**ANABOOTCAMP@AIM.COM**