



SEPTEMBER, 2010

Tyndall
Air Force Base

Enjoy Extreme X
for **FREE** during
September!

S	M	T	W	T	F	S
			1	2	3 Extreme X 6:30am	4
5	6 Labor Day	7	8	9	10 Extreme X 6:30am ----- Sept 11 Memorial Run 7:30am	11
12	13	14	15	16	17 Extreme X 6:30am	18
19	20	21	22	23	24 Extreme X 6:30am	25
26	27	28	29	30		



DO YOU HAVE WHAT IT TAKES?
Get Ready for Boot Camp In October!

Pass your PT test with flying colors. The class is 4 weeks, meeting 3 times per week for 1.5hr. Contact us for more info. Register NOW!

****Services at Tyndall are only available to DOD employees, military dependants or active duty!****

Extreme X: FOR THE ADVANCED ATHLETE OR FITNESS ENTHUSIAST! This program is a full body workout that combines all facets of the personal training world to include "Boot Camp Style Exercise".

\$\$ Due to the complexity of this class, there is a \$5 fee per class or \$15 per month beginning October 2010.



EXTREMEFITNESSTEAM.COM
(850) 866-6030