

New Exercise Program!!

Barefoot Hawaiian is Proud to Announce!

**Roc & Sarah Brooks from Hustle Hard Fitness will offer
a 4 week "get in shape" program in our studio!**

Take part in a Level-Intensity Boot Camp!

Training will be adjusted to each student's level of ability.

The Program will be offered 4 Saturday's in March: 9, 16, 23, & 30.

3:30pm - 4:15pm

Cost for the 4-week session is \$125.00 per person

Open to Ages 16 and up!



Roc Brooks

Personal Trainer

HUSTLE HARD FITNESS

Please wear easy movement clothing and clean gym shoes!

Sign up and Get Fit with The Best!!

Limited to 15 Students Only!

Name: _____ **Phone:** _____

Check # _____ **Cash** _____

Charge Card # _____ **Exp Date** _____ **VCODE (3#S)** _____

Location: Barefoot Hawaiian Studio

1401 East Oakton Street

Des Plaines IL 61008

847-699-7336

