



HIROSHI'S BOOT CAMP PARENTS EXERCISE

心も体も健康に！無料体験レッスン募集中

September 7, 2016
2:00- 2:45 WEDNESDAY

1 SESSION/\$10

1 SESSION/WEEK \$35 (4 TIMES/MONTH)

1 SESSION/WEEK \$40 (5TIMES/MONTH)

SCHOOL AGE BOY SCOUT BUILDING
1211 E DYER RD #110 SANTA ANA, CA 92705

At Montessori, we will soon have a fun Exercise program for Parents!
Hiroshi welcomes all parents to join him for some exercise fun and Fitness.
Starting September 7th 45minits of cardio, core strengthening for increasing your metabolism.
Have fun and get fit!

ブーツキャンプエクササイズ

健康促進プログラム、筋トレ、有酸素運動、腹筋を取り入れたサーキットエクササイズ。ストレスの発散、基礎代謝促進そして脂肪燃焼に最大の効果を発揮します。シンプルで効果的なダイエット、そして健康的な体を一緒に作りませんか。

FOR MORE INFORMATION CONTACT: MONTESSORI INTERNATIONAL ACADEMY
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