

It's time to get **FIT, STRONG, & HEALTHY**



Endurance Training

One Hour Sessions

Full-Body Conditioning

High-Intensity Interval Training

Plyometrics, Circuits, and Balance Training

Timed Challenges, Agility Drills, and Tabatas

Vigorous Cardio and Muscular Strengthening

Suitable for all levels of fitness!*

MONTHLY PLANS

4 sessions \$40

8 sessions \$80

Unlimited \$120

Davina Friese is an ACSM Certified Fitness Instructor with over 5 years of fitness instruction experience in Brevard County. She is passionate about health and fitness, and is eager to help you achieve your personal goals!



Find out more at davinafitcamp.com

Or call Davina at (321)-298-0320

* Appropriate health screening required