

# 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 [davinastitcamp.com](http://davinastitcamp.com)

Or call Davina at (321)-298-0320

\* Appropriate health screening required