



# GET MOTIVATED!!

# TRIPPOINT FITNESS

# BOOT CAMP

For more information contact  
**Certified Trainer Otis Stephens**  
**252.808.5307**  
**Tripointfitness@gmail.com**



**LOCATION:**  
**Ft Benjamin Park**  
(100 McQueen Ave. Newport)

**TIME :**  
**6:00pm**

**WHEN :**  
**Twice a Week**  
**Mondays,**  
**Tuesdays, or**  
**Thursdays**

**LOSE WEIGHT**  
**TONE-UP**  
**IMPROVE PERFORMANCE**  
**CHANGE IN WORKOUT**  
**A CHALLENGE**

**Private Sessions**  
**Available:**  
Individual, Family,  
Church Group, Work  
Group, Morning  
Sessions, etc.

**\$65 - 4 Week Session**  
**\$10 - Drop In**