

**STARTING
DECEMBER
2ND**

**EMPOWERING WOMEN
THROUGH FITNESS
WELCOME TO:**

**MONDAY-FRIDAY
7:45 - 8:45 and 9:15-10:15
PRODIGY ATHLETIC CENTER,
YOGA ROOM**

**WESTCHESTER
ADVENTURE
BOOT CAMP**

OUR MISSION:

The mission at WBC is to have a positive impact on women by creating a fun, effective, and life-changing fitness experience. With a strong focus on strength training, blends of HIIT, yoga, kickboxing, Pilates, and more, participants will develop strength, confidence, and a renewed sense of well-being.



**GET READY TO JOIN THIS
SUPPORTIVE COMMUNITY
AND EMBARK ON A
TRANSFORMATIVE JOURNEY
TO BECOME YOUR BEST
SELF, BOTH PHYSICALLY
AND MENTALLY.**

WHAT YOU'LL GAIN:

At WBC, you'll:

- Develop a strong foundation of fitness and nutrition knowledge
- Increase your overall strength and endurance
- Gain the confidence to continue leading a healthy, active lifestyle

FOR INFORMATION ON CLASS DAYS AND TIMES, PLEASE CONTACT CARLA:



(914) 960-4494



getfit@westchesterbootcamp.com

westchesterbootcamp.com

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TESTIMONIALS:

“This program has improved my self-esteem thus making me a better professional, and a better wife and mother”




“Boot Camp has been life changing for me, and I feel so good about the shape my body is in!”




“Carla has taught me how to live a healthy lifestyle and I feel great about being a positive role model for my girls.”



“I am stronger and more confident in all areas of my life. Carla and all the friends I have at boot camp have helped me get out of my comfort zone, try new things, and meet new people.”



“The workouts are constantly changing. They are challenging, and along with Carla’s coaching style, enables you to get the most out of each class.”



“WABC is for every woman – we are a community of women who work out together in a supportive, not competitive environment.”