

B*E*A*U*T*Y BOOT****CAMP

Basic Training for a Better You

\$10

Registration at 6:00 p.m.

Presentation at 6:30 p.m.

Enjoy wine & treats plus chair massages by Elegance Salon & Spa

NX LEVEL FITNESS

W229 N1687 Westwood Drive

Waukesha, Wisconsin 53186

www.nxlevelathletics.com



R*S*V*P

262.522.7888

or

262.785.0880

BOOT * CAMP L * I * N * E * U * P

TAMMY FLYNN - *Owner of Elegance Salon & Spa*
Color Analysis Specialist

- * *Colors that bring out our best features*
- * *Colors/styles that work with our careers, life-style and personality*
- * *Cost effective ways to convert your wardrobe*

SHANNON CARNEY - *Owner of Squeeze Studio Fitness*
Personal Trainer & Nutrition Educator

- * *Fast, fit family meal planning with tips on feeling great with more energy*

DR. SAGE CAMPIONE - *Chiropractor & Personal Health Advisor*
"Avoid the Winter Blues"

- * *Tips to stay vibrant, happy and healthy during the winter season*
- * *Truth about D3, seasonal depression disorder, winter nutritional support*

MATT GIFFORD - *NX Level Performance Coach*

- * *Key combination moves to efficiently burn fat and target the tough spots*

All participants will receive a Beauty Bonus Bag!

RSVP TODAY!

Call NX Level at 262.522.7888 or Elegance Salon & Spa at 262.785.0880