



 **the
epicenter** ATHLETIC CLUB

SKI-FIT

**Come join Certified Personal Trainer
Gerrit Sparkman for his 6 week "Ski-fit" camp.**

Camp starts Monday January 25, 2010 at 5 p.m.

Cost is \$90 (\$15 per class)

Sports oriented core and leg conditioning camp with an emphasis on skiing and snow boarding. This camp will not only make you stronger but also a more aerobically fit rider.

www.epicenterfitness.com | Seattle: 206.587.2673