

# JJF BOOTCAMP

**Change your life and come try a FREE class today!**

**Begins Tuesday, Jan 2<sup>th</sup>.**

**Classes taught by:** Joe Campbell, Certified Personal Trainer & Nutritional Coach

**Tom Varn Park**

301 Darby Lane

Brooksville, FL

Contact: Joe Campbell, Certified Personal Trainer & Nutritional Coach

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<b>CLASS</b>	<b>LOCATION</b>	<b>DAY</b>	<b>TIME</b>
JJF BOOTCAMP	TOM VARN PARK	M W F	8:30A
JJF BOOTCAMP	TOM VARN PARK	M T & THURSDAY	6:30P

**\$10.00 Per Class OR \$80.00 Per Month/Unlimited Classes**

Always Changing the Workout Structure Anybody Can Follow.

Joe Jitsu Fitness (JJF) focuses on the body as a whole, not just one part. We know you want to tone up with impressive muscle as well as lose body fat! We know you don't want to do the same boring routines over and over, so we develop exercise splits designed to keep you engaged and keep your progress rolling.

You can expect more well-rounded workouts that call on strength, cardio, flexibility, dynamic mobility, balance training and more. The workout structure changes each session with a hybrid mixture of a functional CrossFit style, which includes body weight circuit training, resistance training, High Intensity Interval Training (HIIT), agility/mobility training, balance and flexibility protocols, and martial arts conditioning.

Register at: [Joe Jitsu Fitness Website](#)