



TOUGH MUDDER TRAINING PROGRAM

**16 WEEKS OF HILLS AND OBSTACLES TO GET YOU READY
FOR THE TOUGHEST EVENT ON THE PLANET!**

TRAIN WITH A TWO-TIME ORANGE HEADBAND RECEIPIENT!
DO NOT UNDERESTIMATE THIS EVENT – ESPECIALLY THE VERMONT COURSE!

PROGRAM RUNS FROM 1/12/12 – 4/29/12 WITH TWO OPTIONS AVAILABLE:

ONE CLASS/WEEK	\$240 (\$15/CLASS) *
TWO CLASSES/WEEK	\$400 (\$12.50/CLASS) **

*PARTICIPANTS QUALIFY FOR 10% OFF PERSONAL TRAINING RATES TO SUPPLEMENT PROGRAM

**INCLUDES 10% OFF PT RATES AND CERTIFICATE TO OCEAN STATE ROCK CLIMBING!

Indoor Sessions at Laid-back Fitness Thursday 7:30 pm or Friday 7:00 am

- Gain the strength and endurance required to survive the most grueling day of your life!

Outdoor Sessions at Various Locations Sunday 9:30 am RAIN OR SHINE!

- Practice hill climbing and the most efficient ways to conquer all the infamous obstacles!

SPACE IS LIMITED! CALL OR EMAIL NOW TO RESERVE YOUR SPOT!



Phone: 401 871 8436 Email: laidbackfitness@gmail.com