



GROUP CLASSES

CLASSES ARE HELD ON THE OCEAN TERRACE

DESCRIPTION	DAY	TIME	TRAINER	COST
Bootcamp	Monday	9:30am-10:30am	Fabio	\$20++
Bootcamp	Tuesday	3:00pm-3:45pm	Terry	\$15++
Bootcamp	Wednesday	9:30am-10:30am	Fabio	\$20++
Bootcamp	Thursday	3:00pm-3:45pm	Terry	\$15++
Bootcamp	Friday	9:30am-10:30am	Fabio	\$20++
Bootcamp	Saturday	9:30am-10:30am	Fabio	\$20++

INDIVIDUAL PERSONAL TRAINING

CALL FOR APPOINTMENTS AND PRICING.

CLASS RESERVATIONS REQUIRED
 FITNESS CENTER: 910.457.3724

TERRY MCALISTER: 336.260.8384 TMCALISTER@BHICLUB.NET
 FABIO ALICEA: 910.6854760 FALICEA@BHICLUB.NET