

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

KAT MORROW - Certified Personal Trainer & Wellness Coach

- * Radiating beauty starts from within - Tips to transforming your skin

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