

# Optimum Workouts

## Strength and Conditioning Boot Camp



Click to Edit

**What to Bring:**  
**Towel, Mat and Water**  
**\$15 per class**

**Boot Camp will be at Westampton Sports Complex  
Beverly-Rancocas Rd, Westampton Township, NJ 08016  
Mondays, Wednesdays, Fridays @ 5:45am**

**Starts April 4th!!!**



**Open to All Ages**

**Contact Ryan Today For More Info and Class Packages!**

**[optimumworkouts@gmail.com](mailto:optimumworkouts@gmail.com)**

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