



I know for me, it's been years since I've worked out. I played racquetball until 3 years ago and I still walk my dog twice a day, but my body isn't in the shape it once was.

I want to be in better shape and I suspect some of you do as well. I am looking for 5 men from the Village to participate in a 5-week Boot Camp with me. We will work out with a private trainer at a gym every Tuesday and Thursday at 2pm for 30 minutes for 5 weeks. In addition to the 10 sessions, each of us will meet with the trainer privately before we start to evaluate our personal condition and needs. The group might also decide to do other activities during the week like taking a good walk together.

Each of us will meet privately with the trainer during the week of February 12. Our group workouts will take place on:

- Tuesday, February 19
- Thursday, February 21
- Tuesday, February 26
- Thursday, February 28
- Tuesday, March 5
- Thursday, March 7
- Tuesday, March 12
- Thursday, March 14
- Tuesday, March 19
- Thursday, March 21

The cost for the 11 30-minute sessions will be \$250 per person. The sessions will be designed around our personal needs and abilities.

Our workouts would take place at Body Designs West at 10542 W. Pico Blvd near the fire station. The trainer will be Jeremy Gateman, who is a physical therapist and trainer and happens to be a member of Temple Isaiah.

If you are interested, call me at 310-721-4090 or email me at tpullan@pullan.com.

This will be open to the first 5 men who sign up with me.

I look forward to working out with my Village friends.

Terry Pullan, Chair
ChaiVillageLA