

# Women's Fit Club

Laugh\*Love\*Be Fit



Patricia has a wealth of different exercises at



Patricia Brown

her fingertips! She is a strong, knowledgeable trainer. She pushes me (which I enjoy!) while at the same time she is encouraging when I have to modify an exercise to be more successful. I hear her mantra:

*'This is where change happens, ladies!'*  
in my head all the time – and I like it!"

- Heather Eggert



## Women Only Boot Camp

M, W, F @ 9:30am

- Nutrition Guidance
- Individual & Team Support
- 1 Session Drop-in only \$15

### PRICING:

36 sessions = \$375  
20 sessions = 220  
10 sessions = 120  
5 sessions = 65

Fit Women Rock @ 

Contact Patricia Brown for more information at [pbrown@mtvac.net](mailto:pbrown@mtvac.net)

## Mount Vernon Athletic Club

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