



**ALEX FOX FITNESS**  
**RISE & GRIND**  
**COMING SOON TO OSC!**

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**WHEN:**

Every Tuesday / Thursday morning starting June 19th

**TIME:**

7 - 7:45 AM \*Optional: 15 min stretch until 8AM

**RATES:**

\$20.00 per session **OR** \$180.00 for full 5 weeks

**WHAT YOU WILL NEED:**

Sneakers, yoga mat, towel, water bottle

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Alex Stoddart is a certified AAI Personal Trainer with 9+ years of coaching experience. Formerly a Division 1 swimmer at La Salle University, Alex is no stranger to what it takes to create formula for fitness / health success. This 5 week boot camp series will focus on total body endurance, incorporating strength training, high intensity interval training, core work, resistance training and flexibility. Each 45 minute, circuit based class is designed to burn serious calories, while increasing strength, stamina and energy for the day ahead!

**Please contact Alex via email - [astoddart4@gmail.com](mailto:astoddart4@gmail.com)- by June 13th** if you are interested in purchasing the 5 week package option. Individual class sign ups will be posted two days before each class.