



# MCO

MCHEMRY COUNTY ORTHOPAEDICS, S.C.  
*Keeping Bodies in Motion*

MCO's Center for Sports and Fitness Enhancement is now offering

# BOOT CAMP

**ONLY \$8 PER CLASS • NO MEMBERSHIP FEES**

Get in shape now! Enroll in MCO's Boot Camp today! Our certified personal trainers will help you reach your fitness goals such as: toned muscles, weight loss, stronger heart, improved balance, and increased endurance. Classes are geared to individuals of all fitness levels. Let MCO give you the personal attention you deserve.

To register for BOOT CAMP call MCO at  
**815. 788. 2000**

Monday and Thursday evenings at 7pm-8pm  
Wednesday and Friday mornings at 9am-10am



mobility health human spirit

420 N. IL Route 31, Crystal Lake, IL 60012 • 815. 788. 2000 • [www.mcortho.com](http://www.mcortho.com)