

SUMMER BOOT CAMP



Mondays & Thursdays July 6-30th (7-8am)

Looking for a high intensity, hard core workout? Then this is your class! Join Greg Garus, CPT and Ryan Hipp, CPT from 7-8am on Monday and Thursday mornings for a challenge!

These Personal Trainers will lead a group class focused on body weight strength exercises and cardiovascular conditioning. Get the motivation to push yourself to the next level of fitness while enjoying the camaraderie and accountability of a group setting.

For more information or to register visit the front desk or call 966-5500. This class is not for the faint of heart or individuals with orthopedic limitations or recent injuries.

\$160 members, \$180 non-members



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