



FAMILY BOOTCAMP

\$50
four-week
session

Monday, March 4, 11, 18 and 25

11 a.m.-Noon | Fitness Forum, Support Site

Grab the kids and come along for our family bootcamp! Our four-week session is a workout for the whole family that involves bodyweight, resistance training and cardio exercises to get a full body workout.

Register now because class is limited!

