



FAMILY BOOTCAMP

\$50
for
four-class
session

Saturday
April 6, 13, 20 and 27

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!
Class limit is 10 adults.

