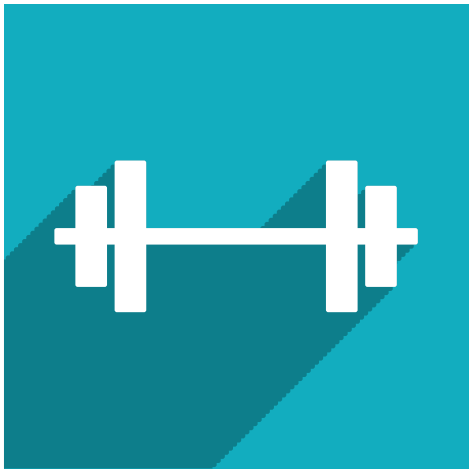
EVANS RECREATION

"Striving for excellence through innovation and positive experiences."

EveryBODY BOOTCAMP



Challenge yourself with this fast- paced, calorie-blasting workout, using the traditional Boot Camp style approach. Bootcamp is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced. We will combine strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get EVERYTHING you need.

There is NO guts, NO glory in this total body workout! You'll move around the room to a number of different stations – each designed for a specific exercise. Check "lazy" at the door when you step into this workout. Boot Camp works you head to toe so you'll be ready for anything life brings!

REGISTER JANUARY 18 - FEBRUARY 7

Classes: February 23 - March 24

Tuesday & Thursday 5:45 - 6:45am

Cost: $30

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