



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BODY SCULPT BOOT CAMP

- GET IN SHAPE FOR SUMMER
- BURN CALORIES
- IMPROVE HEART HEALTH
- BECOME STRONGER
- INCREASE FLEXIBILITY
- HAVE FUN WHILE GETTING FIT
- JOIN THIS CLASS AND ENJOY WORKING OUT AND REACHING YOUR



Tuesday

6:30pm

Multipurpose room

Thursday 6:30pm

Collins room

INSTRUCTOR

ANN MARIE HOLLEY

