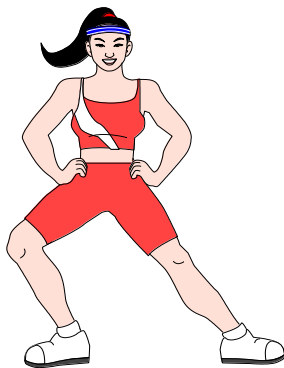


# Booty Camp

With Christina Dees



This intense workout is sure to kick your booty! It consists of 1-2 minute circuit intervals using various weight and resistance exercises. Focusing on toning the glutes, this class incorporates plyometrics, calisthenics, and resistance exercises to get your buns in shape. Warm-up and cool-down stretches included. All fitness levels welcome. The workouts will change from week to week -- so we don't do the same workout twice!



Monday from 10-11 am  
Classes are  
\$6 per person

All participants must be Recreation Center members. For additional information, please contact the Recreation Center at 458-2977.

