

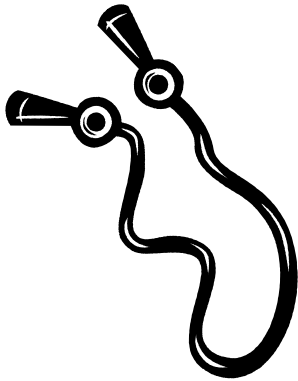
Booty Camp

With Christina Dees

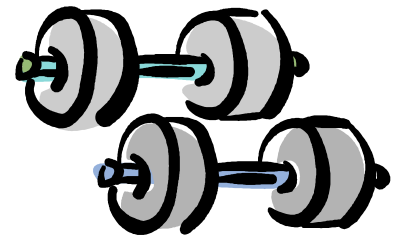


Tired of doing the same old workout?

Come check out our Booty Camp class and add an extra boost to your workout routine. Class differs week to week and offers a variety of workout options so you'll never get bored. Workouts include:



- Stretchy Band
- Pilates Ball
- Medicine Ball
- Stationary Circuit
- Timed Circuit



All fitness levels are welcome to attend as exercises can be modified to your level of comfort.



**Mondays & Wednesdays
from 10:00-11:00 am
Classes are \$6 per person**

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

