

6-WEEK BOOT CAMP



SHAKE up that Fitness Routine
with a mixture of endurance training & strength
training using your own Body weight as Resistance

Saturday Mornings @

8:15am-9am

Classes start January 25 and run until February 30

Cost:

SilverSneakers®	\$16
Members of Valdese Rec	\$25
Non-Members	\$40

LIMITED to 12 participants, need a minimum of 12

SIGN up and PAY at Fitness Desk by January 22nd

Instructor: Bret Watson & Toni Reece



WE WANT YOU!!