

New Class coming this Fall

4 Week **BOOT CAMP**

Call the Valdese Rec to sign up

Sign up by calling 828-879-2144

WE WANT YOU



- Tuesday and Thursday at 5:30am-6:15am
- Down Town Park Building (beside Splash Pad)

Cost: **Members of Valdese Rec---**\$35
 Non Members **\$50**

LIMITED to 16 participants, *need a minimum of 10*

Instructors: Toni Reece & Bret Watson