

New Class---Get Up, Get Fit

4 Week BOOT CAMP

January 9-February 1

Sign up and pay by January 5, 2018

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 12*

Instructors: Toni Reece & Bret Watson