

BOOT CAMP FITNESS

“Do it in the Park!”

BOOT CAMP Fitness in the Park will feature a healthy blend of learning and playing. A certified instructor will create a positive atmosphere for high paced/energetic participants and develop a program for people of all types.

FIRST CLASS STARTS OCTOBER 3, 2011

Days: Mondays & Wednesdays (on-going monthly)

Time: 6:00pm – 7:00pm

Price: \$7 per class or \$75 punch card for 12 visits

Ages: All ages

RLE COMMUNITY CENTER PARK **810 Oak Lane, Rio Linda 95673**