



FITNESS B O O T CAMP



Thursdays

6:30-7:30pm

6 classes

Registration starts now!

Fitness Bootcamp is core strength training, muscle flexibility and endurance along with a cardio workout.

Register by:

- Calling Oak Creek Recreation Department, M-F, 8 am-5 pm at 766-7920
- Visiting us on the 2nd floor of the Library, M-F, 9 am - 5 pm
- On-line at <http://city.oakcreekwi.org/webtrac/>

Activity/Section #:

#161002-A1

#161002-A2

Dates:

3/3-4/14

4/28-6/2

No Class March 31

Location: East Middle School, enter door #7

Fee: Res/\$49 Non-Res/\$58



Instructor: Josh Brown, certified personal trainer, weight loss specialist and owner of "Impact Fitness Studio, LLC" of Oak Creek