

# BOOT CAMP

## FOR WOMEN

Have a positive and motivating coach help you achieve your fitness and weight loss goals.

**Ages 18+**

**Cost: \$40 a month**



**Registration Deadline is January 26th, 2010**

**Classes start the first Tuesday of February, March and April. Held Tuesdays & Thursdays  
5:30-6:30**

**Call the Parks & Recreation Office for more details 556-5854**