

BOOT CAMP

Ages: 18 and older



Summer is several months away which gives you just enough time to sweat off those excess pounds and re-define that body . Boot Camp is a conditioning class that utilizes a military style format to help you achieve your fitness goals. This class will be held both indoors and out and will include strength training and cardiovascular exercises. It's all about motivation, results, and fun-in a group environment. Perfect for all fitness levels; whether you're beginning a fitness program or have been exercising for years. Are you ready for fun and energizing activities designed to help you reach your fitness goals fast? Sign up today!

<u>Program #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
229	Tuesdays Thursdays	Sept 30-Nov 6	6:15am-7:05am

Min/Max: 7/20

Fee: \$80 R/\$84 NR

Register by: Sept 25

2 Days a Week for 6 Weeks

Oakbrook Terrace Fitness Center
For information call 630-574-0420 /www.obtpd.org