



# FITNESS BOOT CAMP

A great class for all fitness levels. A high intensity workout with a mix of strength training and aerobic fitness that will deliver total body results. This boot camp inspired workout will challenge you mentally and physically, using just your own body weight. A different workout every week to improve your overall fitness-strength, cardio, flexibility and endurance. Work hard and have fun! Bring a water bottle, towel and yoga mat to class. Ages 16 & up.



Saturdays  
8:00 - 8:55 am  
Starts September 22  
Five weeks \$51  
Drop-In for just \$12  
Instructor: Bre Young

248-658-3470  
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