



COED (Men & Women) HARD CORE BOOT CAMP

**RELIEVE STRESS!
TONE YOUR BODY!
BOOST YOUR ENERGY!**

ALL LEVELS ARE WELCOME. DON'T WORRY ABOUT YOUR FITNESS LEVEL,
LET ME TAKE CARE OF THAT!

Where: Main gym

When: Every Tuesday

LUNCH TIME WORKOUT

**With a simple sign in you are ready to get started!!!
CLASS TAUGHT BY CANADIAN OLYMPIAN: OHENEWA AKUFFO**

For more information, contact: Sabrina Muredda