

DECEMBER 4RD-23RD

BOOT CAMP

JOIN US FOR A SPECIAL WINTER BOOT CAMP

CONQUER YOUR FITNESS GOALS & STAY ACTIVE DURING THE WINTER SEASON.

Join our Winter Fitness Boot Camp for a high-energy, results-driven fitness experience that will keep you motivated and in shape, even when the weather is chilly. This class is designed to challenge your strength, endurance, and overall fitness while experiencing a wide variety of fitness classes.

INSTRUCTOR Shannon Port, Hammond-Henry Rehab

Attend some or all of the classes listed below.

Attend at least 15 classes & you will be entered to win a prize

\$75 / PERSON

MON	TUE	WED	THU	FRI	SAT
4 9:00 - 10:00 AM PILATES 10:15 - 11:15 AM RESTORATIVE YOGA 5:00 - 6:00 PM SCULPT & FLOW	5 8:15 - 8:45 AM R1ZE 9:00 - 10:15 AM SLOW FLOW	6 9:00 - 10:00 AM PILATES 10:15 - 11:15 AM YOGA FOR PELVIC HEALTH 7:00 - 8:00 PM RE(BOOT)	7 9:00 - 10:15 AM SLOW FLOW 6:00 - 6:45 PM HIP HOP SPIN	8 6:00 - 6:45 am POWER FLOW 8:30 - 9:15 am LIFT	9 9:00 - 10:00 AM RE(BOOT)
11 9:00 - 10:00 AM PILATES 10:15 - 11:15 AM RESTORATIVE YOGA 5:00 - 6:00 PM SCULPT & FLOW	12 8:15 - 8:45 AM R1ZE 9:00 - 10:15 AM SLOW FLOW	13 9:00 - 10:00 AM PILATES 10:15 - 11:15 AM YOGA FOR PELVIC HEALTH 7:00 - 8:00 PM RE(BOOT)	14 9:00 - 10:15 AM SLOW FLOW 6:00 - 6:45 PM HIP HOP SPIN	15 6:00 - 6:45 am POWER FLOW 8:30 - 9:15 am LIFT	16 9:00 - 10:00 AM RE(BOOT)
18 9:00 - 10:00 AM PILATES 10:15 - 11:15 AM RESTORATIVE YOGA 5:00 - 6:00 PM SCULPT & FLOW	19 8:15 - 8:45 AM R1ZE 9:00 - 10:15 AM SLOW FLOW	20 9:00 - 10:00 AM PILATES 10:15 - 11:15 AM YOGA FOR PELVIC HEALTH 7:00 - 8:00 PM RE(BOOT)	21 9:00 - 10:15 AM SLOW FLOW 6:00 - 6:45 PM HIP HOP SPIN	22 6:00 - 6:45 am POWER FLOW 8:30 - 9:15 am LIFT	23 9:00 - 10:00 AM RE(BOOT)

SCAN THE QR CODE OR VISIT THE CENTER TO REGISTER



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PARK DISTRICT



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