



EXPECT TO CHALLENGE YOUR MIND AND BODY AS YOU ALTERNATE BETWEEN HIGH AND LOW INTENSITY CLASSES WITH FREE WEIGHTS, PLYOMETRICS, CARDIO TRAINING & BALANCE WORK.

INSTRUCTORS

SHANNON PORT, *HAMMOND-HENRY REHAB*
 JOSHUA CARLEY, *HAMMOND-HENRY REHAB*

JUNE 3 - 28

\$75 M / \$150 NM

BOOTCAMP FEE LISTED AS MEMBER PRICING & NON-MEMBER PRICING

Attend some or all of the classes listed below

MON	TUE	WED	THU	FRI
3 9:00 am PILATES X STRENGTH 6:00 pm HIIT	4 8:00 am SPIN 9:00 am SLOW FLOW	5 9:00 am PILATES X STRENGTH 10:15 am YOGA FOR PELVIC HEALTH 6:00 pm HIIT	6 8:00 am JAM-DANCE FITNESS 9:00 am SLOW FLOW	7 8:30 am L1FT
10 9:00 am PILATES X STRENGTH 6:00 pm HIIT	11 8:00 am SPIN 9:00 am SLOW FLOW	12 9:00 am PILATES X STRENGTH 10:15 am YOGA FOR PELVIC HEALTH 6:00 pm HIIT	13 8:00 am JAM-DANCE FITNESS 9:00 am SLOW FLOW	14 8:30 am L1FT
17 9:00 am PILATES X STRENGTH 6:00 pm HIIT	18 8:00 am SPIN 9:00 am SLOW FLOW	19 9:00 am PILATES X STRENGTH 10:15 am YOGA FOR PELVIC HEALTH 6:00 pm HIIT	20 8:00 am JAM-DANCE FITNESS 9:00 am SLOW FLOW	21 8:30 am L1FT
24 9:00 am PILATES X STRENGTH 6:00 pm HIIT	25 8:00 am SPIN 9:00 am SLOW FLOW	26 9:00 am PILATES X STRENGTH 10:15 am YOGA FOR PELVIC HEALTH 6:00 pm HIIT	27 8:00 am JAM-DANCE FITNESS 9:00 am SLOW FLOW	28 8:30 am L1FT

SCAN THE QR CODE OR VISIT THE CENTER TO REGISTER



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