



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*
WILLY LOPEZ, *HAMMOND-HENRY REHAB*
AMANDA FORREST, *GENESEO PARK DISTRICT*

JULY 1 - 31

\$75 M / \$150 NM

BOOTCAMP FEE LISTED AS MEMBER PRICING & NON-MEMBER PRICING
Attend some or all of the classes listed below

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9:00 am PILATES X STRENGTH 6:00 pm PUMP & TONE	9:00 am SLOW FLOW 5:30 pm SWITCH IT UP 6:30 pm PEDAL POWER	9:00 am PILATES X STRENGTH	9:00 am SLOW FLOW 6:00 pm PUMP & TONE	9:00 am PILATES X STRENGTH	9:00 am H.I.I.T.

SCAN THE QR CODE OR VISIT THE CENTER TO REGISTER



GENESEO
PARK DISTRICT

GENESEOPARKDISTRICT.ORG

