



STARS AND STRIPES BOOTCAMP



Saturday, June 30th

10:00 – 11:00 AM

Meet at the Fitness Center Studio at 9:45 AM

Bootcamp is a high-intensity class designed to build strength and improve stamina. Utilizing a circuit-style class format, you will engage in both cardio exercises and muscle toning exercises. This class will present a unique challenge and opportunity to improve your fitness routine!

Regular Class Pricing - \$5

Sign up at the Fitness Center 843 836 4448