

BOOT CAMP!



WORKOUT Outdoors, challenge yourself, have fun!

These will be high intensity workouts that will challenge your entire body, improve strength, endurance and agility while losing body fat and increasing lean muscle.

New Session Beginning June 1st!

Choose 3 classes per week from the following:

Monday 6:00-7:00p.m.
Tuesday 9:30-10:30a.m.
Wednesday 6:00-7:00p.m.
Thursday 9:30-10:30a.m.
Saturday 8:15-9:45a.m.

New Punch Card Program – 12 classes/\$99

(Punch cards sold at the front desk. Cards will be punched by instructor before class begins.)

Try a class FREE!

Classes will be held May 24th – 29th. Come join us and see what it's all about!

Instructors:

Denise Bloom, Mark Richins, Patrick Hau, Ellen Follensbee

Contact Denise Bloom at 448-6477 or
denise.bloom@joinccba.org for more details

CCBA 
Carter Community Building Association
recreation and fitness for all ages