

# BOOT CAMP



## ***What is a Boot Camp Class?***

This class consist of exercises using body weight, hand weights, and mats, along with cardio.

<i><b>WHEN</b></i>	<i><b>TIME</b></i>	<i><b>INSTRUCTOR</b></i>
Saturday's Monday's	8:30am 6:30pm	Lori Franklin



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