

OMG!!!!

IT'S Boot Camp & Water Aerobics TIME!

When: Boot Camp beginning June 17 – Aug 20
Water Aerobics beginning June 23 – Aug 20
No Classes June 28 - July 2/ Vacation

Where: Fallston Swim Club

Time: Boot Camp/ Tues and Thurs 8:30 am - 9:30 am
6:30 pm - 7:30 pm

Water Aerobics/ Wed and Fri 12:15 pm - 1:15 pm

Cost: Fitness Passes available for purchase -
\$80/ 8 sessions (can be used for all classes)
\$12/session drop in fee if space is available

What to Bring: Beach Towel & Water

Instruction by: Shape Your Life Fitness, Kathy Decker
kathy@shapeyourlifefitness.com

If classes are cancelled you will be notified via email



Let's Get This Party Started!

