



# BOOT CAMP WITH FRANCESCA

**BOOT CAMP IS A 45 MINUTE CLASS THAT IS FUN AND EFFECTIVE. IT IS A MIX OF WEIGHTS AND CARDIO INTERVALS AND IS DESIGNED FOR ALL FITNESS LEVELS.**

- SATURDAY 5 8:30AM TO 9:15 AM
- SEPTEMBER 17 TO DECEMBER 3 (NO CLASSES ON 10/29 & 11/5)
- BRING YOUR OWN EQUIPMENT
- \$95 FOR 10 WEEKS
- LOCATION: JAMES J. CULLEN CENTER

**HAZLET RECREATION**

**Register at [Hazlet.Recdesk.com](http://Hazlet.Recdesk.com)**