

Stay the course to fitness

BOOTCAMP

Age 18 & Up

Veterans' Memorial Park

N. Pratte Soccer Field

Register at the Recreation Dept.



BOOTCAMP is a creative, unique, and FUN outdoor fitness program for men and women designed to give you maximum results. Each day brings a completely different and challenging workout. Workouts are modified to include all fitness levels. You will leave Bootcamp with a feeling of achievement, self gratification and confidence.

Instructor Nicole Wendt is a Certified fitness trainer.

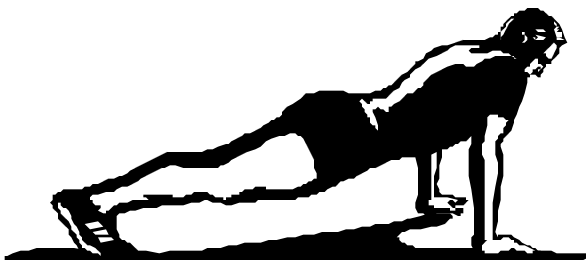
Monday-Friday

6-7am & 6:30-7:30 pm

5 days per week \$155

4 days per week \$130

3 days per week \$105



Boulder City Parks and Recreation Department

900 Arizona Street 293-9256

Sign up now!