



Let's get outside and get into shape, drop weight, and build muscle!

Come join us for a fun filled hour packed with functional training equipment and body weight resistance exercises. Must be 18 years or older.

July 8th – August 2nd

Only \$45.00 for 4 weeks

At the North End Pavilion

Evening Session: Monday's

5:30 pm to 6:30 pm

Morning Session: Friday's

8:30 am to 9:30 am

(The instructor will reschedule any classes that are cancelled due to inclement weather)

For more details visit www.springlakeboro.org

Registration is available online at <http://register.communitypass.net>

A minimum of 10 participants is needed for each class