



FITNESS BOOT CAMP

Spring, 2024 – Fitness Boot camp:

Get charged up! This class is no frills – just drills! Safely challenge your body to its limit with a high-energy mix of resistance training, mat work and cardio training without fancy choreography. Work all major muscle groups in a no-fuss, no-excuses format. Equipment provided.

For information email Nancy at Info@wetyetwaterfitness.com.

Sundays Course # 16166

April 21 – May 19

Activity Center at Bohrer Park

506 S Frederick Ave., Gaithersburg

8:30 – 9:15am

5 classes for \$50.00*(R), \$57.00 *(N), \$32.00 *(SR)

To register please click on link below:

https://apm.activecommunities.com/gaithersburgmd/Activity_Search?txtActivitySearch=core&applyFiltersDefaultValue=true&cat=Activities



Sponsored by the City of Gaithersburg Department of Parks, Recreation and Culture.