



# ***FITNESS BOOT CAMP***

## **WINTER, 2025 – 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](mailto:Info@wetyetwaterfitness.com).

**Sundays** Course # 17289

**January 12 – March 30** 12 classes

**Activity Center at Bohrer Park**

506 S Frederick Ave., Gaithersburg

**8:30 – 9:15am**

12 classes for \$96.00\*(R), \$103.00 \*(N), \$78.00 \*(SR)

**To register please click on link below:**

[https://apm.activecommunities.com/gaithersburgmd/Activity\\_Search?txtActivitySearch=core&applyFiltersDefaultValue=true&cat=Activities](https://apm.activecommunities.com/gaithersburgmd/Activity_Search?txtActivitySearch=core&applyFiltersDefaultValue=true&cat=Activities)



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