

Bootcamp 10 (Lawrenceville)













Location **Georgia**
<https://www.genclassifieds.com/x-441952-z>



Join my all ladies fitness bootcamp starting May 30. The bootcamp is a hour and a half long class at the park with high intense training from two certified personal trainers that will give you a workout that will help shed those pounds and help you tone. The following equipment is required you will need a jump rope, workout mat, boxing gloves, 10 pound dumbbells, kettlebell, ankle weights, arobic step and resistance band. The class is \$10 per person 9am to 10:30 am Saturday mornings at Rhodes Jordan Park if rain the class will be postponed till the following Saturday. First 3 weeks payment required up front before the start of first class call for further details and to book your slot call

ask

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