

Harrisonville Parks & Recreation

Fitness Boot Camp

Join Instructor Andy Laughlin

Tuesday & Thursday Evenings

From 6pm - 6:45 pm

Cost: \$18 Members; \$36 Non-Members

(per 6-week session, per each weekday registered)

Fitness Boot Camp is designed for a Total Body Fitness Workout! This class will focus on building muscular strength, increase stability, endurance, coordination, & improve your balance along with posture.

This class has been designed for all fitness levels & age groups.

Class will host both indoor & outdoor sessions.



Register online or for more info contact vschroeder@harrisonville.com or ext. 5988



**HARRISONVILLE
COMMUNITY CENTER**

2400 Jefferson Pkwy Harrisonville, MO 64701

www.HPARKS.com | (816) 380.8980

"Let us be the best part of your day & first choice for Health, Fitness & Fun!"