

Fitness in the Park Series 

FUNDAMENTALS BOOT CAMP

FALL

FALL PROMO:
BRING A FRIEND FOR FREE FOR ONE MONTH

The City of Moore is happy to offer the Fitness in the Park series. Join us for group fitness classes all while enjoying our beautiful parks. We will begin the series by offering a fun and challenging boot camp at Central Park. The “Fun”damentals boot camp and our certified group exercise instructors will push you to your limits by focusing on fun drills and challenging intervals of strength training and cardio.. “Fun”damentals boot camp is for anyone who is looking to lose weight, get stronger, build muscle, or train for your next 5k. All fitness levels are encouraged to join in on the fun.

WHEN: Oct. 6–Dec. 29

FEE: \$35/month (12 classes) for non-passholders / \$30/month (12 classes) for current passholders
Sign up for 3 month package (12 weeks/38 classes)
\$100 for Non-passholders / \$85 for passholders.

WHERE: Multi-purpose Pavilion at Central Park (700 S. Broadway Ave.)

AGE: 16+

TIME: 5:15 a.m. on Monday, Wednesday, and Friday

Community Center gym will be used for Fundamentals Boot Camp during times of inclement weather/outdoor temperature

TO REGISTER: www.cityofmoore.com/fun

For more information call Moore Parks & Recreation at **(405) 793-5090**.

