

# BOOT CAMP



## ***What is a Boot Camp Class?***

This class consist of exercises using body weight, hand weights, and mats, along with cardio.

<i><b>WHEN</b></i>	<i><b>TIME</b></i>	<i><b>INSTRUCTOR</b></i>
Friday's	5pm	Lori Franklin
Saturday's	9am	



Moody Civic Center  
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