

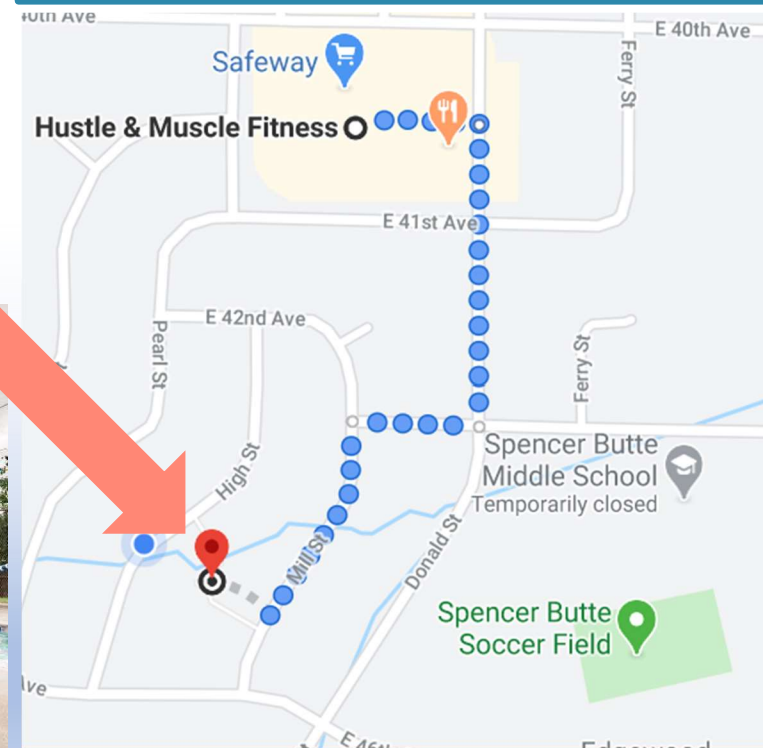
Outdoor Bootcamp Classes with Alexann

@ Edgewood Pool

Bodyweight exercises
Ages 12+ welcome
Registration required
\$12/class

Tu/Th 9:30am-
10:30am

**+ NEW: M/W 7:30am-
8:30am**



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Re-enter the world of fitness with Bodyweight Bootcamp! If you are new to exercise or just getting back into it - that's ok! Go at your own pace & work your way up. The workouts will consist of cardiovascular conditioning (running, jogging, plyometrics), strength training (pushups, planks, squats, lunges) and stretching. **THIS IS A BURPEE FREE ZONE!**