

MV Rec Centers **Fitness Boot Camps**

Cardio, agility and strength training with weights, kettlebells, drills, obstacle courses and more!

Twelve classes offered each week – with no maximums. Classes are primarily outdoors at Sierra and indoors at Montanoso. All equipment is provided. Develop a lean, toned and strong body and get results now!

Sierra

(Outdoor Classes)

Mon: 5:30 am / 6:30 pm

Tues: 8:30 am / 6:30 pm

Wed: 5:30 am

Thurs: 8:30 am / 6:30 pm

Fri: 5:30 am

Sat: 9:30 am

Montanoso

(Indoor Classes)

Tues/Thurs: 5:30 am

Sat: 7:05 am

Sun: 8:15 am