

FITNESS BOOT CAMP



Join Tammi Abshire for morning bootcamp fitness classes designed to push your body and mind!

Days: Mondays, Wednesdays, Fridays

Times: Classes at 5:00 a.m.

Location: The City-County Gym

Cost: \$6 per class or
\$50 for a 10 class punch pass

*All equipment is provided for use in class.
Participants must wear athletic shoes and clothing.*



Parks and Recreation

PRE-REGISTRATION IS PREFERRED

FOR MORE INFORMATION OR TO REGISTER CONTACT
CHURCHILL COUNTY PARKS AND RECREATION:

- WEBSITE: BIT.LY/CCPRDO
- EMAIL: CCPR@CHURCHILLCOUNTY.ORG OR
- PHONE: (775) 423-7733
- IN-PERSON: 325 SHECKLER ROAD, FALLON, NV 89460