

# BOOT CAMP

★★★ **CAMP DATES** ★★  
**JANUARY 4TH - MARCH 30TH**

## CLASS TIMES

**Mondays & Wednesdays**  
**5:00pm - 6:00pm**

★ **ALL PARTICIPANTS WELCOME OF ANY FITNESS LEVEL!** ★

LITTLE ROCK



Parks & Recreation

For more info please contact Fitness Specialist  
Ryan Grist or LaWanna Jones.