

# Group Fitness Class

LOSE BODY FAT AND JUMP START YOUR METABOLISM



GROUP FITNESS, *Fitness Bootcamp*, incorporates strength, cardiovascular and endurance training while incorporating balance, flexibility and stretching.

This group meets outdoors and enjoy the fresh air while we train....don't worry, we stay dry and warm!



We use our weight,

body-small

weights, exercise tubing, ropes, hurdles and bands to create a high calorie burn workout.

No two workouts are ever the same. This is NOT your average, boring workout!!!!

Group Fitness experience includes constant motivation, positive reinforcement, and a fun, safe environment for **all** fitness levels, ages and sizes -- everyone can handle and benefit from **Group Fitness!**

For more information or to register contact:  
206.355.5432  
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