

Boot Camp

FREE community based physical activity program for the month of May. Fun, energetic class with a combination of short resistance and endurance training bursts, followed by recovery periods to give you the ultimate total body workout. Includes a large variety of upper body, leg strength and cardio exercises. This class is for all fitness levels. For inquiries, please call 561-966-7034 or email mgonzalez@pbcgov.org



**Glades Pioneer Park (866 S.R 715 Belle Glade, FL 33430)
in the Orange Bowl Field**



Monday & Wednesday 6:00pm-7:00pm during the month of May (5/3-5/26)



Programs will adhere to all state, county orders and CDC guidelines.



Palm Beach County Board of County Commissioners

Dave Kerner, Mayor, Robert S. Weinroth, Vice Mayor, Maria G. Marino
Gregg K. Weiss, Maria Sachs, Melissa McKinlay, Mack Bernard

Verdenia C. Baker, County Administrator



In accordance with ADA provisions, this flyer may be requested in an alternate format. Please call (561) 966-7033