

FREE

BOOT CAMP

Community based physical activity. 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.



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



Mondays & Wednesdays 6:00pm-7:00pm

**For inquiries, please call 561-966-7034
or email mgonzalez@pbcgov.org**



Palm Beach County
Board of County
Commissioners



PARKS & RECREATION

National Gold Medal Award Winner