THE OUTDOOR FITNESS ADVENTURE

DO YOU WANT TO WORK OUT?

Monday	Tuesday	Wednesday	Thursday
BOOT CAMP WILD 6:00PM Freeman Park	**SPEED & STRENGTH** 6:00PM Round Rock West Park	**SPEED & STRENGTH** 6:00PM Freeman Park	**BOOT CAMP WILD** 6:00PM Round Rock West Park

Fitness Pass

June—*FREE* | July – Orange— $30 *26250 | August—Blue—$30 *26251 | 2 month—Green—$50 *26252

BOOT CAMP WILD—If you love the thrill of the unknown and the great outdoors, Boot Camp Training will shock your body and test your mental toughness. With an assortment of exercises routines and challenging moves you will without question get results in this wild adventure. 45-60 minutes

SPEED & STRENGTH—This full body workout will most definitely push you to the max! With minimal equipment you will get an opportunity to trigger your inner athlete and focus on functional speed and strength. Speed drills and body weight circuits are the recipe for success in this class. Your trainer will motivate you and make sure you get the most out of what you put in! Bring it! 30-45 minutes

ROUND ROCK TEXAS
PARKS AND RECREATION

THEN DO IT OUTSIDE!

Register at RoundRockRecreation.com, Clay Madsen Recreation Center, BACA Center, and PARD Office, or call 512-671-2704