Join us for fitness bootcamp. Short, yet intensive class where you will be challenged to fun workouts. Body weight and resistance bands are part of this class. This class is great for beginners and intermediate fitness level. Each exercise can be regressed or progressed based on your ability.

Age 15-70 is welcome. Bring yoga mat or beach towel, bottle of water, and positive attitude. Be active! Be healthy!

Where: Green Acres Park (in case of rain, we will move indoor)
When: May 9th – June 6th (no class May 30th)
Cost: $40 (4 weeks)

Pre-registration required by May 5th. Call 248-547-5535 to register or register online ($2 fee)
- https://squareup.com/store/ah-fitness-llc