

Winsted Recreation

## BODY SHAPING BOOT CAMP



GET IN SHAPE FOR THE SUMMER AND IMPROVE YOUR PHYSICAL AND MENTAL WELL BEING!!!!

GREAT FOR WEIGHT LOSS, MUSCLE TONE, CORE STRENGTH & CONDITIONING!!!

THIS PROGRAM IS DESIGNED FOR PEOPLE WHO WANT POSITIVE CHANGE AND BELIEVE THEY CAN ACHIEVE

### REGISTER NOW



Instructor: Justin McEnroe

CLASSES START MAY 18<sup>TH</sup>-JUNE 26<sup>TH</sup>

6 WEEK PROGRAM 3X PER WEEK

MONDAY-WEDNESDAY-FRIDAY



6AM-7AM AT THE ROWLEY ST FIELD BEHIND THE GREEN BUILDING

COST \$140 3X PER WEEK OR \$110 2X PER WEEK 6 WEEK SESSIONS

**Spots are limited!!!**

For more information or to sign up please call Tanya in Recreation at 860-738-6964 or fill out the back of this paper and send a check to 338 Main St 3<sup>rd</sup> floor Winsted 06098. Visit our website at [www.townofwinchester.org](http://www.townofwinchester.org) or visit us on Facebook Winsted Recreation.

Justin at 860-201-6627 or [JVMAC29@aol.com](mailto:JVMAC29@aol.com)