

RECREATION PARK
208 PARK AVE
5:30PM

HIIT TRAINING

BOXING

No FitPass Needed

FREE DEMOS

June 25th: HIIT Training

High intensity is the name, interval training is the game. Fast pace movements in a short amount of time helps burn more calories and increases muscle strength and endurance!

June 27th: Boxing

Class will focus on boxing technique, coordination and conditioning to enhance endurance and strength.

For more information
call 818-898-1290