

SEA GIRT RECREATION PRESENTS:



BEACH BOOTCAMP

Summer is here! Let's get fit outside. If you're looking to get into tip top shape, or drop those last few pounds or just want to build muscle and have fun doing it? Beach Bootcamp is your answer!

Come join us for a fun filled hour packed with functional training equipment and body weight resistant exercises lead by a certified instructor.

WHERE: Beach at Beacon Pavilion

WHEN: Thursday Nights 7/11, 7/18, 7/25, 8/1

TIME: 5:30-6:30 pm

COST: \$40 resident \$45 Non-resident (4 weeks)

Online registration only through community pass at seagirtboro.com.

