

East Suffolk Recreation Center

BOOT CAMP



START THE NEW YEAR OFF RIGHT!

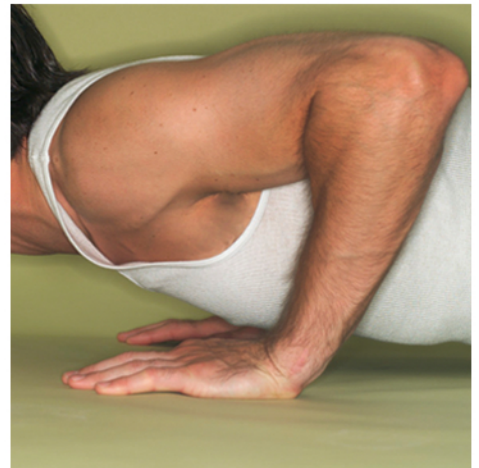
Blast off those holiday pounds with our 8-week Bootcamp program at East Suffolk Recreation Center! Meetings will take place in the gymnasium on Tuesdays from January 17 through March 6, 2012, from 6:30-7:30 p.m.

This medium-intensity workout stresses:

- ☞ **Flexibility**
- ☞ **Strength**
- ☞ **Cardio-Respiratory Fitness**



Participants must be age 16 or older. Membership to East Suffolk Recreation Center requires a yearly fee of \$20 and a monthly fee of \$10 for adults. With state-of-the-art equipment, ESRC is the place to get fit and maintain a healthy lifestyle! Located at 138 S. Sixth Street, Suffolk.



For more information about East Suffolk Recreation Center's Bootcamp Blast, call Fitness Specialist Mike Frickanisce at (757) 514-4504 or email mfrickanisce@suffolkva.us.