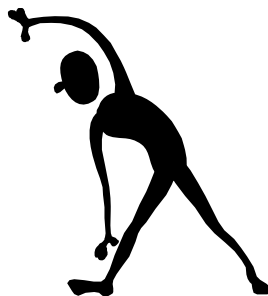


## **Back From the Holidays**



**East Suffolk Recreation Center  
Gymnasium  
Tuesdays & Fridays  
January 19-February 12, 2010  
5:30pm-6:30pm**



*Blast off those holiday pounds with our four week Boot Camp program. This medium intensity workout stresses flexibility, strength and cardio respiratory fitness.*

**For registration or more information please call 514-4500**