

Rosie's Boot Camp

In Partnership with the Allentown Department of Parks and Recreation



April 3-Late Fall

Monday/Wednesday/Friday - (6:00am)

Alton Park

HOW TO SIGN UP?

Call or Email Rosie at:
rosiehulbert@verizon.net

610-462-9113

drop-ins are also welcome!

Class Description:

Boot Camp is an interval training class that will include jumping, running, crawling, squatting, pushing, stretching, twisting and much more. Please note that this is an intense class but instructor will show modifications and start at an appropriate level for participants.



Punch Card or Drop in:

6 Classes-\$60.00

12 Classes-\$120.00

Drop-in-\$12.00/class

(cash or check)

