

After Work

BODYWEIGHT BOOTCAMP

8-weeks of fitness



Join us for a weekly personal-trainer-led workout after work! Over eight weeks, Richmond Wellness' certified personal trainer will guide you through an hour of effective, bodyweight movements that are sure to challenge you! Emphasis will be placed on proper form and safety throughout the workout. All fitness levels are welcome!

Mondays	Ages 18+	5:30—6:30 PM	\$69
DRP.107	Jan. 7—Mar. 11	GSC Dance Studio	
DRP.207	Mar. 18—May 6	Hidden Rock Park	

*There will be no class on 1/21 or 2/18

*In the event of inclement weather, DRP.207 will meet in the GSC Dance Studio



Registration required one week prior to the start of class. For more information, contact Parks and Recreation at 804-556-5854.