

Military BOOT CAMP

A challenging class that will get you
ready for the weekend.



Friday, February 17
6:30 - 7:30 p.m.

Members: FREE

Guests: \$10



Sign up at the Service Desk by Wednesday, 2/15.

Held in the basketball courts.

All proceeds go toward our **“Fitness is Power...Fight Like a Girl!”**
exercise program for breast cancer patients here at LW.

LifeWorks Program Policies:

Sign up by three days prior to the beginning of the session. Full refunds are available until three days prior to the first day of class. All members are required to check in for programs with their membership card. Nonmembers are required to show a photo ID to enter the facility. Persons without proper ID may be denied entrance. Programs require a minimum number of participants. Should this number not be met, you will be contacted and issued a full refund.

