

WHITMORE LAKE COMMUNITY RECREATION

TR JAN

BOOT CAMP!

Fridays

9:00 a.m.-10:00 a.m.

Price: \$25

\$8 Drop In fee

WHITMORE LAKE HIGH SCHOOL OUTDOOR TRACK

Session1: June 7th-July 12th | Price increases \$15 5/24/19

Session2: July 19th-Aug 23rd | Price increases \$15 7/5/19



This fitness group, lead by certified group fitness instructor Amanda Warner, combines interval training, core strength, suspension and plyometric with strength and conditioning. Friendly for all fitness levels.

Want the flexibility to attend any WLCR class of your choosing each week? Buy a new Adult Exercise Flex Pass! See our website for details.



TO REGISTER, VISIT WWW.WLPS.NET/COMMUNITY-RECREATION, CALL 734.449.4461 X3057 OR EMAIL WLCRINFO@WLPS.NET