

BOOT CAMP

- **If you are looking to lose weight, get toned, build your cardiovascular endurance, relieve stress, meet great people and have a great time to “BOOT” then Boot Camp at Hurley Recreation is your answer. Boot Camp is an outdoor group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training. Classes will be held in 4 week blocks, with the option to increase the amount of classes per week. Classes will be approximately 1 hour with the option of childcare if participants express the need ahead of time. Classes will be held once a week on Tuesday’s from 8:30-9:30. The dates are July 20 & 27th, August 3, 17. Fifteen people will be the maximum number of participants allowed to ensure safety. Participants will need to bring their own water, towel, exercise or yoga mat and lots of positive energy.**

If interested please contact:

Patrece Poremba

845-331-7839 OR 845- 389-6400