

# ALLEGANY COMMUNITY CENTER

## BOOTCAMP... WITH A TWIST

THIS CLASS IS SUITABLE  
FOR ANY FITNESS LEVEL!  
Must be 18 years or  
older!

MONDAY'S AND  
THURSDAY'S  
6-7 PM  
IN THE **REDROOM**  
4 WEEK PROGRAM:  
JAN. 16TH-FEB. 9TH

INSTRUCTOR:  
LAUREN POOLE,  
ISSA CERTIFIED  
FITNESS TRAINER

BOOTCAMP WITH A TWIST IS A FUN WAY TO GET IN SHAPE  
THROUGH HEALTHY COMPETITION, TEAM WORK,  
STRENGTH/CARDIO EXERCISES AND LAUGHTER!

THERE WILL BE A  
\$30.00 FEE FOR  
ANY NON-ACC  
MEMBERS.

TO SIGN UP PLEASE CONTACT:

LAUREN POOLE @ 716-945-8119 EXT.3702

SIGN UPS ARE A **MUST!**

SIGN UP BY **THURSDAY, JANUARY 12TH**  
TO ASSURE YOUR SPOT IN THE CLASS.

