

Cheltenham Township Parks and Recreation Department

Fitness Boot Camp

8 Weeks

Ages 18 & Older

6:00 a.m. - 7:00 a.m.

Wednesdays & Fridays
beginning Jan. 29th



La Mott
Community
Center

7420 Sycamore Avenue
La Mott, PA 19027
215-635-3255

Are you bored with your current workouts and looking to try something new? Do you need someone to motivate you? No problem, we got you covered!

Join the staff of Elkins Spark Fitness and challenge yourself with this hour long high intensity fitness class that will burn calories, boost your metabolism and help you achieve the results you are looking for!

The class will use a variety of equipment and modes of exercise.

All levels are welcome.

Bring a mat, water bottle and a challenging set of weights.

For more information visit www.ElkinsSparkFitness.com.

Fees: \$140 Residents
\$165 Non-Residents



Registration Information:

Online: <https://cheltenhamtownship.recdesk.com>
(All credit card purchases have a fee of 2.65%)

In Person: Cash, Check or Money Orders only
(Credit cards accepted online)

Saturday, January 11th from
10:00 a.m. to Noon.

Mondays through Fridays,
January 13th - 17th
from 9:00 a.m. to Noon,
1:00 p.m. to 4:00 p.m.
and 6:30 p.m. to 8:30 p.m.