

WARRINGTON TOWNSHIP

Fit for Life

Exercise Boot Camp for All Ages with Jen Signor



**Total Body Workout for all ages at Warrington Township Park
Wednesday and Friday mornings at 9 am beginning June 5, 2024**

Gather on the basketball court, bring water, hand weights, and a mat.

(class is held weather permitting— No classes June 22-29)

Sessions involve a warm-up and cool-down, cardio, bodyweight exercises, strength exercises and stretching.

\$7 per session—Register at the session

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