

# Goose Creek Community Center

# BOOT CAMP



**Four-week session**  
**April 10 - May 3**  
**Tuesday and Thursday**  
**6 am to 7 am**

***Need to boost your workout and see results?***

*Join Leticia Crawford, a certified instructor,  
for four weeks of intense physical fun.*

*Boot Camp workouts burn twice as many calories as  
traditional workouts. Save time by getting both cardio and  
resistance training all in one. This class is designed to help  
motivate you so that you can reach your fitness goals.*



**FEES:**

**Residents \$70**  
**Non-residents \$80**  
**Daily \$10**

**No membership required**

For more information contact the Goose Creek Community Center at 569-4242  
or visit [www.goosecreerecreation.com](http://www.goosecreerecreation.com)