

EPIC BOOTCAMP

FOR WOMEN

No matter what age, weight, or fitness level, women are seeing results with Epic Boot Camp. This camp is getting women in shape and they are having a great time doing it! This is a 4 week fitness program that offers females workout instruction, dietary information, and tons of motivation 3 days a week! Boot Camp is offered Monday-Friday. Days of participation are flexible and at the participant's preference.



Date: Session II: February 1 – February 26
Session III: March 8 – April 2

Time: 5:30 a.m. – 6:30 a.m.

Fees: \$199 LPT Resident
\$209 Non LPT Resident

*Optional 5 – day program available
\$299 LPT Resident
\$309 Non LPT Resident

Location: [Level Road School House](#)

FOR ADDITIONAL INFORMATION & TO REGISTER:

[Lower Providence Parks and Recreation](#)

(610) 635-3543

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