

\$10
PER PERSON

CARDIO

ORANGE
COUNTY
PARKS &
RECREATION

BOOT CAMP

**Renaissance Senior Center at
South Econ Community Park**

3800 South Econlockhatchee Trail, Orlando, FL 32829

Saturdays

7:45 – 8:45 a.m.

Come jumpstart your fitness goals. Boot camp includes core conditioning, short distance running, muscular strength, circuit training, sport drills, endurance training and more.

Equipment needed: 7-10 lb hand weight, mat, water and towels.

407-254-9070 • OrangeCountyParks.net



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.

