

POWER HOUR!

Formerly Boot Camp

CARDIO

STRENGTH

MIX

Work out 1, 2, or 3 times a week with a group lead by several trainers for challenging, full body weight training workouts that will get your heart racing, your blood pumping, and keep your motivational levels high. Week day sessions are divided between cardio and strength and Saturday sessions are a mix of both. Modifications will be provided to accommodate people of any fitness level.

Schedule

Tuesdays 5:30-6:30pm: Cardio Workout

Thursdays 5:30-6:30pm: Strength Workout

Saturdays 9:00-10:00am : Mix Cardio & Strength

Duration of Program 6 weeks

Session 1: April 12th to May 22nd

Session 2: July 12-August 21st

Cost:

3x a week \$125

2x a week \$99

1x a week \$60



Free Trial

April 10th @ 9:00 am No need to register for trial, just show up!

Questions: Call Kim Herlehy 309-282-1543 or kherlehy@peoriaparks.org

To register come by the Riverplex and pay at the front desk.