

Please be sure to reserve your space in the class beforehand by logging into your account at fitprc.com or via the MindBody app. Navigate to our online schedule and select your desired class.

## **NEW!**

## **BOOT CAMP CLASS**

WITH F.I.T.@PRC'S ZAC!

- Mondays and Wednesdays, 5pm-5:50pm
- Held in F.I.T.@PRC's main studio
- First class Monday, July 28th
- Combines intervals of strength, cardio, and core





## ALL YOU NEED IN ONE WORKOUT

This class targets all of the body's major muscle groups as well as cardio, working in periods of exercise and rest.

Divided into 8 different stations, this group workout exercises the whole body for a fun challenge!

## FOR MORE INFO VISIT FITPRC.COM

Located above the Gateway Cafe at 7677 Gateway Blvd., Newark CA



