

**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](http://FITPRC.COM)**

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