

FIT MOMS & BODY BURN BOOTCAMP

ISSA Certified Trainer: Jessica Timmer

Full body workouts designed to work all muscle groups with a variety of cardio, strength, and conditioning exercises.



6 Week BOOT CAMPS Beginning in **JUNE**

FREE SAMPLER CLASSES

Wednesday, May 15th - 9:00am

Friday, May 17th - 12:15pm

Monday, May 20th - 9:00am

Wednesday, May 22nd - 12:15pm

Limited Spots Available.

Register today to reserve your spot.

Owned and Operated by
Fargo Park District:



More Information:

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Connect With Us:   

