



Don't Just Dream It, Go Get It

SATURDAY BOOTCAMPS

STARTING

JAN. 6 - MAR. 23

10 AM - 11 AM

Quillian Center Pavillion

Cost \$10 Per Class OR
\$30 For 4 Classes

The workout will be an all-inclusive full body workout designed to improve strength, overall physical fitness. Your trainer, Jennifer will lead you in an action-packed workout that will keep you coming back for more.

The First Session is Free!

In the event of inclement weather, Boot Camp will still happen inside the Quillian center.

REGISTER ONLINE

Questions? Contact Beverly Okosun at 713-458-4707
or bokosun@quilliancenter.org

quilliancenter.org