

Fitness in the Park Series 

FUNDAMENTALS BOOT CAMP



The City of Moore is happy to offer the Fitness in the Park series. Join us for group fitness classes all while enjoying our beautiful parks. We will begin the series by offering a fun and challenging boot camp at Buck Thomas Park. The “Fun”damentals boot camp will push you to your limits by focusing on fun drills, including plyometrics and agilities, and challenging intervals of strength training and cardio. “Fun”damentals boot camp is for anyone who is looking to lose weight, get stronger, build muscle, or train for your next 5k. All fitness levels are encouraged to join in on the fun.

FEE: \$50/month (12 Classes) Non-Passholders / \$40/month (12 Classes) Current Passholders
*Sign up for 3 months for \$125 for non-passholders and \$100 for current passholders.

WHERE: Buck Thomas Park (1901 N.E. 12th St.)

AGE: 16 and over

TIME: 5:30 am on Monday, Wednesday, and Friday beginning January 7th.

INSTRUCTOR: Stacia Becher, CPT

TO REGISTER: www.cityofmoore.com/fun

For more information call Moore Parks
& Recreation at (405) 793-5090

Sign up by the last Friday of every month.



City of Moore
MOORE, OKLAHOMA