

**Online Registration:** [www.warringtonrec.com](http://www.warringtonrec.com)

**First create your household account, add all family members & confirm your email address – you are ready to register!**

Questions can be directed to Heather Wauls, 215-794-3700 or [hwauls@cornerstoneclubs.com](mailto:hwauls@cornerstoneclubs.com).

### **Lunchtime Outdoor Boot Camp**

**Mondays and Wednesdays, 12:00 pm – 12:45 pm**

**April 5- May 26 (8 weeks)**

**Upper Nike Park, 300 Folly Road, Chalfont**

**\$212 per person**

**Age: 18+**

Enjoy your lunch break at Upper Nike Park with this total body fitness program that takes boot-camp style training to the next level. Each workout will combine cardio, core and strength training, using functional moves and equipment like battle ropes, Kettlebells and medicine balls, along with good old fashioned boot camp “faves” like pushups and sprints. This program will keep you fit and feeling great! *For all fitness levels. Class will be held rain or shine.*

### **Fitness Classes**

For On Demand or Live Stream class options, please contact Cornerstone at 215-794-3700.