

Fitness Classes

The City of Evans offers a range of fitness classes to meet your needs.

Boot Camp- \$32

Tue/Thurs 5:45-6:30am

Boot Camp is back! Get your workout done before going to work and you'll feel more awake and energized for the day. Our NEW Boot Camp is 45 minutes of interval and circuit training followed by 15 minutes of strengthening your abdominal muscles and core at no additional cost to you.

4 Week Fat Burn- \$30

M/W/F 5:30-6:30pm OR M/W/F 6:30-7:30pm

The 4 Week Fat Burn program is all about one thing, RESULTS!!!

This is an intense program for people who are serious about burning calories and getting in the best shape of their life as fast as possible. 4 Week Fat Burn uses cardiovascular training with bodyweight exercises allowing you to burn the maximum amount of fat and tone your muscles using your body's own, natural adaptive recompositioning capabilities (N.A.R.C.) If you are a person that is serious about results and ready to get in shape faster than you ever thought possible then the 4 Week Fat Burn program is just for you!

Supporting Documents



[4 Week Fat Burn Flyer](#)



[Boot Camp Flyer](#)

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