



Hope Mills Parks and Recreation

5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109

Under Construction Fitness

3 Fall Sessions:

Wed. Sept. 1 - 22

Wed. Oct. 6 - 27

Wed. Nov. 10 - Dec. 1



Ages: 18+

Cost: \$40 per session

Time: 6:00-7:00 pm

Under Construction Fitness is a 4 week fitness class for a full body workout to incorporate cardio, strength & SWEAT! Experience a variety of exercises using various equipment. Learn the essentials of functional training, circuits & intervals with Monika Cotter, certified trainer. This class takes place outdoors; 1st class meets by Recreation Center front doors. Please bring towel, mat, weights & water. Online advanced registration is recommended.



For more info. & to register: www.townofhopemills.com