

Teen X-Treme Boot Camp!

Improve performance, power, strength, endurance, coordination, balance and cardio fitness, using a variety of total body strengthening and cardio conditioning workouts. All workouts are led in a small group setting. This is a fast paced fun class! All fitness levels welcome.

Sign up online [HERE](#)

Grades 7 & 8

Mon & Wed 3:45 - 4:45 p.m.

April 29 - May 22

Member: \$59 Non-Member: \$79
min: 6 max: 10



Grades 9 & 10

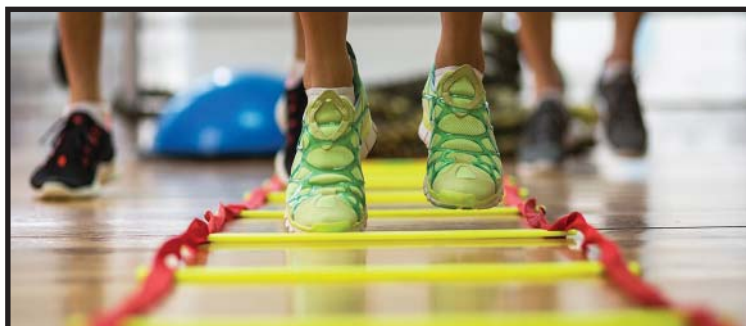
Tue & Thur 3:45 - 4:45 p.m.

April 30 - May 23

Member: \$59 Non-Member: \$79
min: 6 max: 10

- Two challenging workouts a week
- Endurance & strength training
- Core, interval and balance training
- All fitness levels are welcome

get fit, gain strength, be active and learn proper form in a fun safe setting



CCBA 
Carter Community Building Association
recreation and fitness for all ages

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www.joinccba.org