

PARKFIT

Sign up at www.T3-Fitness.com
414-704-8550



ParkFIT is the **NEW** evolution of boot camp. Get ready to navigate the park landscape...and reach ultimate levels of fitness! For anyone looking to make fitness their lifestyle. **Experience the ParkFIT revolution!** CO-ED ages 12 to 99*.

Imagine this:

The sun is rising shining on the dewy grass, warming the earth as you are sweating layers of clothing off -- climbing over picnic tables, running backwards up the big hill and meeting at the top to army crawl under your team mates in plank.

Burn approx. 700 calories per class!

Get tough physically and mentally as we brave the elements and achieve fitness goals like never before. Be prepared to sweat, get dirty and have the time of your life!

Each ParkFIT session runs 4 weeks, M, T, TH
5:45 – 6:30AM (rain and shine) at Wirth Park,
2585 N. Pilgrim Rd., Brookfield, WI 53005.

