



# Boot Camp Workshops

Saturday

January 21 & February 25

8-9am

Ages 18 & up, \$20

Malibu Bluffs Park

Stick to your New Year's resolution and get healthy! One hour boot camps are a great way to stay fit. Boot camp is a total body workout and strength conditioning with combinations of body weight exercises, cardio and dumbbells. Equipment will be provided by the instructor.



For more information: 310.456.2489 ext 239  
Register online: [malibucity.org/winterworkshops](http://malibucity.org/winterworkshops)