



Warren Parks & Recreation

2020 Winter Fitness Classes

Certified Instructor Carla Angevine

Come join in on the fun with these interval workouts, which combine strength, endurance, core work and balance. All fitness levels are welcome as exercises can be modified to suit your fitness goals.

When: Wednesdays 7-8:00pm: Strength Training

Saturdays 7:30-8:30am: Boot Camp Interval Training

Where: Warren Community Center 7 Sackett Hill Rd, Warren CT

Bring: Registration form, Mat, Weights, and Water bottle

Rates: \$10 a class, pay as you go

Email Questions: Carla@ Carlahangevine@hotmail.com