

# New Year, New You: Bootcamp!

Participants will participate in a 60-minute full-body circuit training class that begins and concludes with mindfulness. The class will challenge your body, mind, and spirit!

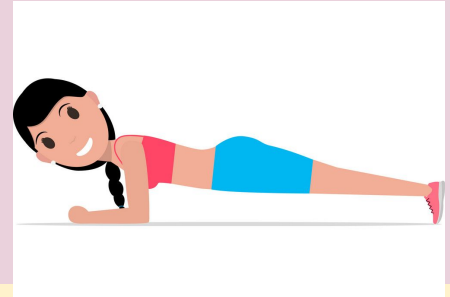
All Bernards Twp. parents are welcome to participate in a free class

offered by the BTEA

Monday, January 7th

7:00-8:00 p.m.

RHS Dance Studio



Hosted by RHS teacher & TRX Certified Instructor Kimberly Clark  
Refreshments will be provided by the Bernards Township Education  
Association

Sign up at: <https://tinyurl.com/bteabootcamp>

\*Please wear fitness attire and bring a yoga mat.

\*Clinic is limited to the first 25 participants.