



NEWTON RECREATION DEPARTMENT  
PRESENTS

## Core Boot Camp

RECLAIM YOUR BODY...FOR GOOD!

**Newton Centre Playground:**

*Tuesday & Thursday 6:00 am - 6:45 am*

**Lower Falls Community Center:**

*Monday, Wednesday & Friday 6:00 am - 6:45 am*

Classes conducted by:

Gregg Smith, *Certified Strength & Conditioning Specialist*

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