



Hope Mills Parks and Recreation

5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109

ULTIMATE Workout



4 Upcoming Sessions!

Tuesdays & Thursdays:

Aug. 2 - 25, 2022

Sept. 6 - 29, 2022

Oct. 4 - 27, 2022

Nov. 1 - 29, 2022 **no class 11/24*

Ages: 18+

Cost: \$50 per session

8 classes per session

Time: 5:30-6:30 pm

Woo's Ultimate Elite Fitness is a total body workout for any fitness level! Certified Fitness Instructor, Ruby "W00W00" Murray will use a variety of exercises and equipment to bring you a fun, challenging yet achievable group fitness experience. Classes may consist of step, kickboxing, strength training or circuits; however, modifications will be given when needed for different levels. Please bring water and a mat. Online advanced registration is recommended.



For more info. & to register: www.townofhopemills.com