

Alpha Omega Revival Fitness Event

Get ready to sweat with a Bootcamp Class!

This program brings together a mix of high intensity cardio and weights. The program has been designed to give you the most out of every round, so you can focus on completing one task at a time with proper recovery so you can push yourself to your maximum capabilities.



WHEN:

May 25th, 2022

8:00 - 9:00pm

WHERE:

Forest Hill Village Gym

**324 Lonsdale Rd Toronto, ON
M4V 1X4**

Or via Zoom

WHAT:

Bootcamp Class

**An intense class of
cardio, weights, and fun!**

WHO:

**AO Members, Spouses,
and Guests**

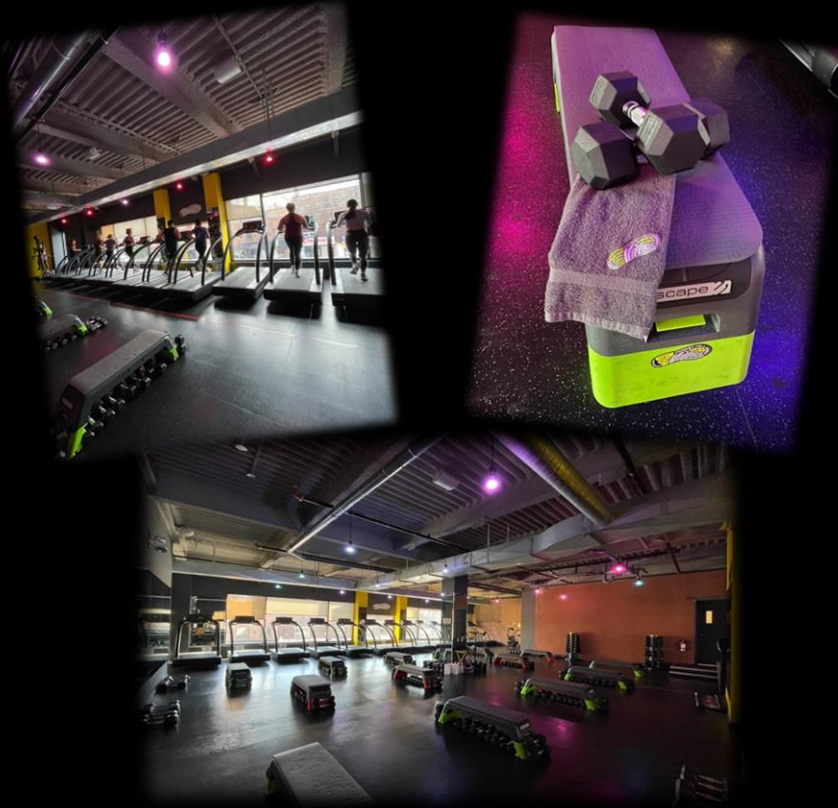
COST:

\$20.00/Members

\$30.00/Non-members

WHAT YOU NEED:

**Equipment for those on Zoom:
Weights, mat, bench. (No
weights? ... laundry bottles,
water bottles, get creative!)**



RSVP by April 16th to Jackie at 416-250-7417 between the hours of 9am-1pm or by emailing info@aotoronto.org

**** Please include: Names of people attending, total number of people attending, and your credit card number, expiry date, and CVV number**

Upon registration you will be sent a Zoom link for the class