



Custer Park Sports & Fitness Center's Fitness Fiesta Week

Try these classes FREE all week!



Optimum Fitness Camp

Wednesday, 9/6/17 & Friday, 9/8/17 at 5:45am - 6:45am

A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. These boot camps are designed in a way to be different all the time, and push our participants harder than they'd push themselves. We want to keep you guessing - and challenge you differently every class!

Butts & Guts

Tuesday, 9/5/17 & Thursday, 9/7/17 at 6:15am - 7am

Have you been looking for a class that specifically targets the "problem areas" of the lower body? This group format only caters to those areas we all want to get firmer – toned thighs, lifted butts and slender hips are just some of the benefits you will receive from taking the "Rock Bottom" challenge!



20/20/20

Wednesday, 9/6/17 at 5:30pm - 6:30pm

This class offers three segments of different types of cardio, strength & core based formats that can change every week. Each segment will be approximately 20 minutes long. If you are somebody that likes variety, then you will love the spontaneity of this class. Fusing together intensities and different types of exercises create intervals and variations that shock your body into getting more fit!



REGISTRATION REQUIRED: Sign up in person at Custer Park Sports & Fitness Center or call 770-794-5630 by 9/1/17

545 Kenneth E. Marcus Way, Marietta, GA 30060

More info at <https://secure.rec1.com/GA/city-of-marietta/catalog>

Classes instructed by: Harris Optimum Fitness, approved contract instructor by City of Marietta Parks, Recreation & Facilities Department
Quan Harris, NSCA Strength & Conditioning Specialist, ACE Personal Trainer, AFAA Personal Trainer, AFAA Group Exercise Instructor, Silver Sneakers Certified
trainer@HarrisOptimumFitness.com www.HarrisOptimumFitness.com

