

Interval Boot Camp

Join us for a workout focused on high intensity intervals. Overload your cardio and muscular endurance system in this all levels fitness class.

For more information call
Warfield pool at 250-368-5111
or the Village Office at 250-368-8202.

Day: Mondays
Dates: July 3 - August 28
Time: 6 - 6:45 pm
Location: Warfield Pool

Fee: \$6 for registered participants, \$8 for drop-in