


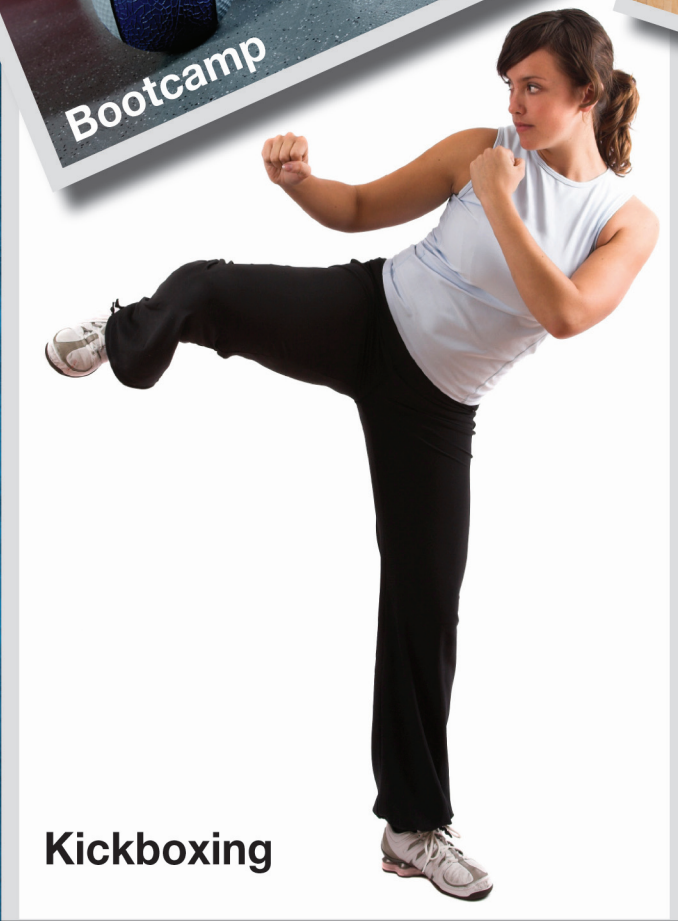
Look what's new at the RecPlex




Bootcamp



Bosu Pump!
Using bosus and gliders.



Kickboxing



Tabata
35-minute, high-intensity,
interval class.

For more information about group exercise classes,
call (954) 262-7301 or visit www.rec.nova.edu/fitness.

RecPlex