



Off The Mat- Bootcamp and Yoga

At the Bicentennial
Park Pavilion, 321 East
Ocean Ave., Lantana,
across the street from
the Old Key Lime House!

*Take your exercise and
yoga practice outside of the gym and right to
the intracoastal waterway!*

What better way to begin or improve your yoga practice or fitness workout than to bring it outdoors. We will be underneath the pavilion for the classes so we can enjoy the view and the cool breeze from the water allowing us to feel more peaceful and healthy at the end of class!

Class schedule- Every Wednesday, beginning June 14th

Tabata Bootcamp – 8:30 a.m. – 9:25 a.m.

Yoga Flow – 9:35 a.m. - 10:35 a.m.

Tabata Bootcamp – 5:30 p.m. - 6:25 p.m.

Yoga Flow - 6:35 p.m. - 7:35 p.m.

First time trying the class?– cost is only \$5!

Classes are \$10/each

Buy package of 4- \$32, \$8/class, **must be used within 2 months of purchase date**

Stay for both classes, \$8/class

Teacher and student summer discount package of 4- \$28, \$7/class

No Refunds. Please bring your own MAT.

All classes are taught by Jessie Crespo, owner of JOC Life Fitness, Inc., certified 500 hour yoga instructor, certified AFAA group exercise and tabata instructor and NASM certified personal trainer. Jessie has been teaching and training for over 12 years and received her advanced yoga certification after a month long immersion course in China.

Class description: tabata bootcamp– interval training class, 30 second interval, 10 second rest, guaranteed to speed up your metabolism and help burn 6x's more fat!

Yoga Flow– a gentle, yet challenging all levels yoga class, that allows you to feel stretched out, relaxed and at peace.



Please pre-register to ensure that class is still on for the day
by contacting Jessie Crespo, at (561) 628-9951 or
email, joclifefitness@gmail.com