



PEEKSKILL RECREATION DEPARTMENT

presents a

28 DAY CHALLENGE

Thinking about getting fit?
It's a great time to get started



Dates: 1st workout - Feb. 1st
Eligibility: Peekskill Residents, 13 & up
Cost: Free, MUST register prior to class

register on line:

[https://www.cityofpeekskill.com/parks-and-recreation/pages/
online-registration](https://www.cityofpeekskill.com/parks-and-recreation/pages/online-registration) or call the Recreation office at 914-734-7275

- Workout in your own space, at your own pace.
- Workouts will be posted daily on a private page.
- Helpful tips and recipes will also be provided.

