

FITNESS



on the Farm

RACCOON BEND FARMS
BOSSIER CITY, LA

PLANT WORKOUT SEEDS, HARVEST BOUNTIFUL HEALTH!



Build Farm Strength

Workout Like a Farmer! This training routine draws inspiration from the hard work of farming, incorporating activities like lifting hay bales and heavy weights, emphasizing grit and effective training methods.



Increase Stamina

Fit Life Blends with Farm Life: Step Off the Treadmill and Embrace Nature
Swap the pavement for lush pastures and experience the great outdoors.



Join the Farm Fit Community!

These classes are crafted to push even the fittest athletes to their limits, while still being adaptable for individuals who are just starting their endurance or strength training journeys.

SATURDAYS 8:00 AM THURSDAYS 5:30 PM
OCTOBER 11 - NOVEMBER 22

BOOK ONLINE

 www.raccoonbendfarms.com

 5217 Airline Dr. Bossier City, La



FITNESS



on the Farm

RACCOON BEND FARMS
BOSSIER CITY, LA

PLANT WORKOUT SEEDS, HARVEST BOUNTIFUL HEALTH!

THE FINE PRINT

Class Fee - \$35 - Limit to 30 participants

- Includes registration fee, waiver, equipment fees, and property usage. **No refunds** for missed classes. Registration is **transferable**.
- The environment is a working market garden with animals and critters that fly, crawl, neigh, honk, and can sometimes bite or sting. Exercise is at own risk
- Classes are a boot camp-style workout that includes, but is not limited to, a warm-up, cardio, strength endurance, and a cool-down. A **challenge course** will be offered in November for those who wish to complete it. Record holders will have bragging rights and top billing on the **leader board**. Leader-board points will be tallied for class participation, goals met, and more. The overall points leader will receive a **\$25 gift certificate** to the farm store good the week of Thanksgiving.
- Participants must complete a waiver & PARQ online prior to first class

What do I need to Bring

- A great attitude, a sense of humor, and a hard work ethic.
- Water bottle, towel, stretching mat

Acclimate Weather Policy

We work out regardless of the weather. We have the option to move indoors if necessary. If severe weather or lightning is in the area, we will not put anyone at risk, and the workout will be canceled. Please dress appropriately for the weather.

BOOK ONLINE

 www.raccoonbendfarms.com

 5217 Airline Dr. Bossier City, La

SATURDAYS 8:00 AM THURSDAYS 5:30 PM
OCTOBER 11 - NOVEMBER 22

