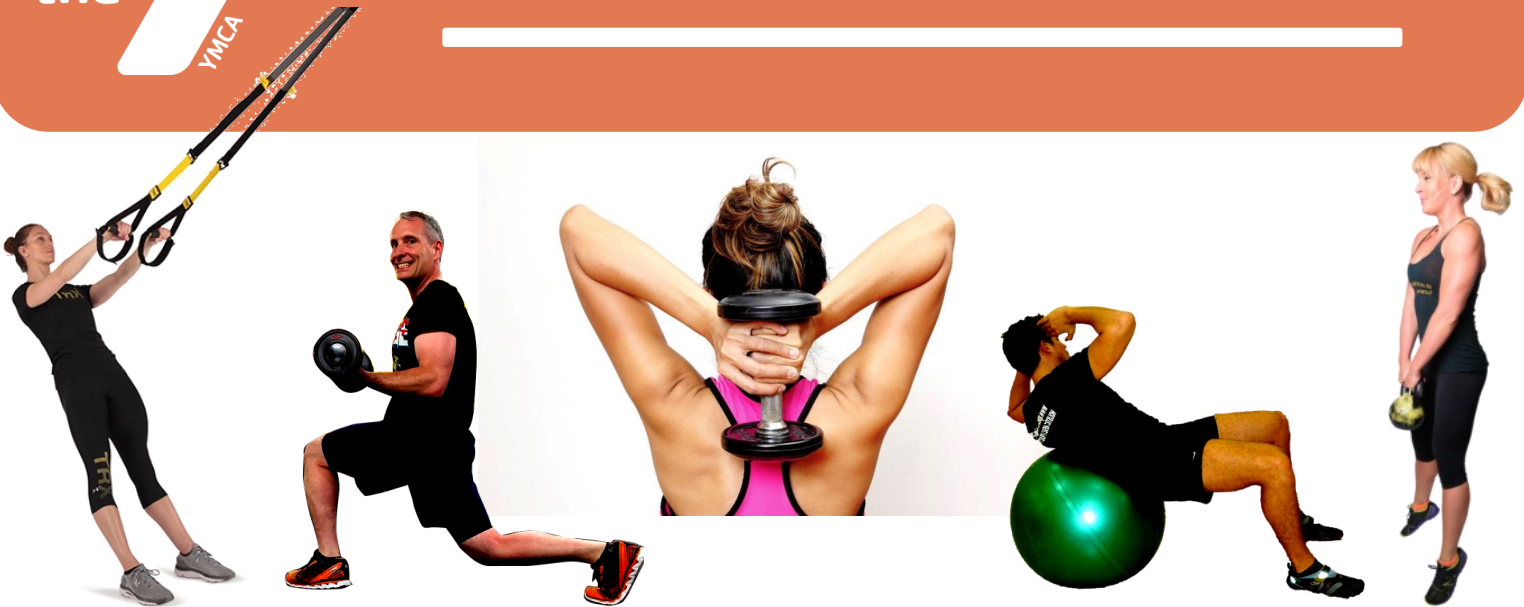




BOOT CAMP



\$85 Members | \$105 Non-Members

UNLIMITED CLASSES

September 3 – October 19

MONDAY

5:45 a.m. Can I get a Fitness HIIT?

Trainer: Maddie

Noon Ready, Sweaty, Go!

Trainer: Maddie

5:30 p.m. Cardio Core Crush

Trainer: Kristina

TUESDAY

5:45 a.m. Tabata Torcher
Trainer: Kaitlyn

5:30 p.m. It's 5 O'clock Somewhere Happy Hour!

Trainer: Dan

WEDNESDAY

5:45 a.m. Ready SET, Go!
Trainer: Kaitlyn

Noon Bands will make your Dance!

Trainer: Laurie

5:30 p.m. Power Strength

Trainer: Kristina

THURSDAY

5:45 a.m. Power Strength
Trainer: Kristina

5:30 p.m. Power Hour

Trainer: Maddie

FRIDAY

5:45 a.m. Fit Fun Fridays
Trainer: Laurie

Noon Mayhem
Trainer: Maddie

SATURDAY

9:00 a.m. Saturday Switch Up

***Drop-In Sessions: \$12**

***Class Descriptions on Back**



DESCRIPTIONS

Bands Will Make You Dance! Band focused exercises designed to give your workout a little extra flavor. Come train with Dan and see if these bands will make you dance.

"Can I get a Fitness" HIIT High intensity interval workout, using a variety of equipment including dumbbells, kettlebells, TRX and more, for a full body burn.

Cardio Core Crush Come and burn some calories in this cardio focused class that will get your heart rate up with different challenges and will also hit all of the muscles in your trunk: your abs, low back and glutes, so get ready to feel the burn and crush some serious calories!

Fit Fun Fridays Cardio, strength, endurance... whatever the focus, be prepared to work! Minimal rest intervals to burn maximum calories!

It's 5 O'clock Somewhere Happy Hour! Come kick off your happy hour with a series of exercises and your favorite trainer, Dan. 1 set, 2 set, 3 set, floor!

Mayhem: You're in for a sweaty, fun, and butt kicking workout. Finish off the boot camp week with a bang. Workouts will be a combination of strength and cardio for a full body finish.

Power Hour Increase your muscle, boost your metabolism, and decrease body fat with a strength focused workout using dumbbells and bars as well as medicine balls, kettlebells and body weight.

Power Strength Increase your muscle and decrease body fat with a focus of strength using a variety of equipment mixed with high intensity intervals to increase your cardio endurance.

Ready, SET, Go! This class uses supersets and giant sets to increase intensity of the workout by overloading and pushing your muscles to the limit. This circuit style class uses a variety of equipment such as dumbbells, kettlebells, and med balls- which is all great for building strength and boosting your cardiorespiratory response.

"Ready, Sweaty, Go!" Cardio workout for a happy heart! This class contains calorie burning, sweat inducing, cardio focused work. Get your heart rate up! Workouts will include steady state and/or intervals with a cardio focus.

Saturday Switch Up A class focused equally on strength and cardio. The first half of the class will focus on strength using dumbbells, kettlebells, TRX, and med balls. The second half of the class will switch focus to cardio using various cardio equipment such as rowers, treadmills, stairs, and the indoor track. Let's switch it up!

"Tabata Torcher" A class that focuses on high intensity intervals using a variety of equipment. This class is designed to get your heart rate up into the anaerobic zone for short periods of time. A mix of both strength and conditioning. Come prepared to work hard and torch calories!