

## **Fitness Boot Camp Information**

Fitness boot camp is a group fitness class meeting Tuesdays and Thursdays at 6:30 am. At 13124 Eastpoint Park BLVD.



Boot camps run 5 weeks at a time and the cost is \$ 150. Camps are open to men and women over the age of 18 of all fitness levels. During winter months boot camps are primarily indoors, but will be moving outside during warmer months.

Activities during boot camps include many areas of fitness. Cardiovascular activities vary in intensity and are adjusted by the instructor to challenge the fitness level of the participant.

Boot camps always include full body strength training sessions using body weight exercises, bands, stability balls and several other types of exercise equipment. Core training, such as, planking, bridging, and traditional crunching are an important part of boot camp and they are included in every session.

Boot camps include aspects of sports specific training, yoga, Pilates, and various flexibility exercises.

Private boot camps can be arranged at different locations, times and days of the week. Eight participants are required for listed price.

*Contact Garrett at [g\\_fit1st@netzero.net](mailto:g_fit1st@netzero.net) or (502) 544-6336*

## **FITNESS BOOT CAMP**

**5 WEEK PROGRAM - 10 SESSIONS - \$150.00**

**LOCATED AT CORE COMBAT SPORTS**

**13124 EASTPOINT PARK BLVD.**

**FOR MORE INFO CALL: 489-5444**

**NEXT BOOT CAMP STARTS JAN. 29TH**



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