



## Blast Fat Fast

Are you looking to get in shape for a special event? Perhaps you would like to cross train for sports or just get pushed to the limit. If so BOOT CAMP is the program for you. In BOOT CAMP you will experience a high intensity mix of plyometrics, “old school” strength training, agility and more. Depending on the weather, classes may be held outside so please dress accordingly. BOOT CAMP will force your body to become stronger, faster, and leaner. Your instructor will motivate and keep you accountable so you can FINISH THE MISSION successfully!

### Minimum Fitness Requirements

All incoming Boot Campers must be able to complete the following:

- 20 Body Weight Squats
- 20 pushups (on knees ok)
- 20 sit ups
- ½ mile run/walk
- Hold a plank for 30 seconds
- Seated toe/shin touch

Classes will run July 27<sup>th</sup> through September 2<sup>nd</sup>

Classes will be held Tuesday and Thursday Mornings from 5:15 a.m. – 6:15 a.m. for a total of 6 weeks.

***Battle Every Bulge for only***

**\$125**