



Bootcamp Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am	Strength	Conditioning	REcharge	Strength	Conditioning	
8 am	Strength	Conditioning	REcharge	Strength	Conditioning	
9 am						Warrior
5 pm	Strength	Conditioning		Strength		

Class sizes are managed to ensure supervision for proper form and safety. Every class is adaptable to your needs and current fitness level.

Strength: Build lean muscle with this strength focused class. Get your major muscle groups worked with a variety of body weight exercises, bands, barbells, TRX's, and more.

Conditioning: Focus on fat burning with this fun, high energy metabolic workout. Fast and powerful, the class involves a variety of HIIT, pyramid workouts, energy circuits, and sprint/tabata.

REcharge: Combine agility, strength, and flexibility in this lower intensity class. Use functional movement to improve all aspects of your training while strengthening your tendons and ligaments.

Warrior: Combines strength and conditioning methods for the ultimate weekend warrior workout. Use equipment like dumbbells, medicine balls, kettlebells, and more to build muscle and get your weekend started off right.