

BOOT CAMP

Boot Camp - Class Description:

This 60 minute high energy class combines 30 minutes of cardio and 30 minutes of strength training. Each class is designed to hit different muscle groups and different levels of cardio interval training. All Classes use our heart-rate monitoring system to get you in the zone for ultimate calorie burning! This class is paced for each individual, all levels welcome! Be ready to sweat and have fun!

Our top trained instructors will never give you the same boring workout! Classes change weekly!

SEP 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	LOWER BODY Danielle	UPPER BODY Steve	TOTAL BODY Steve	LOWER BODY Ron	UPPER BODY Steve		
6:15 AM	LOWER BODY Danielle	UPPER BODY Steve	TOTAL BODY Kari	LOWER BODY Kari	UPPER BODY Danielle		
7:30 AM	45 min LOWER BODY Danielle	45 min UPPER BODY Kari	45 min TOTAL BODY Kari	45 min LOWER BODY Kari	45 min UPPER BODY Danielle	TOTAL BODY Kari	8:30 START TOTAL BODY Danielle
9:15 AM	LOWER BODY Danielle	UPPER BODY Kari	TOTAL BODY Kari	LOWER BODY Kari	UPPER BODY Danielle	TOTAL BODY Danielle	
12:00 PM							
4:30 PM	LOWER BODY Kari		TOTAL BODY Kari				
5:45 PM	LOWER BODY Kari	UPPER BODY Kari	TOTAL BODY Kari	LOWER BODY Daniel			

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