


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!

2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	45 min LOWER BODY Stephanie		45 min TOTAL BODY Steve		45 min TOTAL BODY Steve	<div style="background-color: #fce4ec; padding: 20px; text-align: center;"> <p>NEW 8:15 AM CLASSES!</p> </div>	
6:15 AM	LOWER BODY Stephanie	UPPER BODY Steve		LOWER BODY Kari			
7:30 AM	45 min LOWER BODY Stephanie	45 min UPPER BODY Kari	45 min TOTAL BODY Kari	45 min LOWER BODY Kari	45 min TOTAL BODY Kari		
NEW! 8:15 AM	40 min LOWER BODY Stephanie	40 min UPPER BODY Kari	40 min TOTAL BODY Kari	40 min LOWER BODY Kari	40 min TOTAL BODY Amber		
9:15 AM	LOWER BODY Will	UPPER BODY Kari	TOTAL BODY Kari	LOWER BODY Will	TOTAL BODY Amber	TOTAL BODY Amber	10:00 AM 31 AND DONE! 30 min Amanda
3:45 PM						<div style="background-color: #e1bee7; padding: 10px;"> <p>Karikardio.com</p>  </div>	
4:45 PM	45 min LOWER BODY Kari	45 min UPPER BODY Kari	45 min TOTAL BODY Kari	45 min LOWER BODY Kari			
5:45 PM	LOWER BODY Kari	UPPER BODY Kari	TOTAL BODY Stephanie	LOWER BODY Kari	5:30 PM 45 min TOTAL BODY Peter		

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