

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!

2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	LOWER BODY Amber	UPPER BODY Steve	TOTAL BODY Steve	LOWER BODY Kari	UPPER BODY Steve		
6:15 AM	LOWER BODY Amber	UPPER BODY Steve	TOTAL BODY Norley	LOWER BODY Kari	UPPER BODY Norley		
7:30 AM	45 min LOWER BODY Amber	45 min UPPER BODY Kari	45 min TOTAL BODY Norley	45 min LOWER BODY Kari	45 min UPPER BODY Norley	TOTAL BODY Kari	10:00 AM 31 AND DONE! 30 min Amanda
9:15 AM	LOWER BODY Will	UPPER BODY Kari	TOTAL BODY Kari	LOWER BODY Will	UPPER BODY Norley	TOTAL BODY Amber	
12:00 PM							
4:45 PM	45 min LOWER BODY Kari	45 min TOTAL BODY Kari	45 min TOTAL BODY Kari	45 min LOWER BODY Kari			
5:45 PM	LOWER BODY Kari	UPPER BODY Kari	TOTAL BODY Christine	LOWER BODY Kari	5:30 PM 45 min TOTAL BODY Peter		

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