

Class Size Limit: 18	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
	Week 1 of 4: Circuit Training Bootcamp						
5:30-6:15am	Bootcamp Training <i>Lower Body</i>	Bootcamp Training <i>Upper Body</i>	Core & Stability Training	Bootcamp Training <i>Lower Body</i>	Bootcamp Training <i>Upper Body</i>		Closed
8:00-8:45am							
9:00-9:45am							
4:45-5:30pm							
5:45-6:30pm							
Week 2 of 4: Circuit Training Bootcamp							
5:30-6:15am	Bootcamp Training <i>Upper Body</i>	Bootcamp Training <i>Lower Body</i>	Core & Stability Training	Bootcamp Training <i>Upper Body</i>	Bootcamp Training <i>Lower Body</i>	2nd Sat per 4-week training cycle: 9am 5K trail/obstacle run	Closed
8:00-8:45am							
9:00-9:45am							
4:45-5:30pm							
5:45-6:30pm							
<p>Circuit Training Bootcamp: Timed Interval Training with short restcycles. This training method significantly improve overall fitness while melt away unwanted body fat. Very structured & well coached for results.</p> <p>Core/stability Training: Increasing strength within your pelvis, lower back, hips & abdomen allows the body to work in harmony. Functional stability improves daily training & activities. A tight and toned core is the foundations to safe training.</p>							
Class Size Limit: 18	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
	Week 3 of 4: Resistance Weight Training						
5:30-6:15am	Weight Training <i>Lower Body</i>	Weight Training <i>Upper Body</i>	Intensity Challenge Course	Weight Training <i>Lower Body</i>	Weight Training <i>Upper Body</i>		Closed
8:00-8:45am							
9:00-9:45am							
4:45-5:30pm							
5:45-6:30pm							
Week 4 of 4: Resistance Weight Training							
5:30-6:15am	Weight Training <i>Upper Body</i>	Weight Training <i>Lower Body</i>	Intensity Challenge Course	Weight Training <i>Upper Body</i>	Weight Training <i>Lower Body</i>		Closed
8:00-8:45am							
9:00-9:45am							
4:45-5:30pm							
5:45-6:30pm							
<p>Resistance Training: Weight training with short rest cycles & elevated heart rate for the entire session maximizes total exercise volume (number of sets & reps). This method of weight training does not require heavy lifting. The increased cardio output improves muscle strength, tone, and endurance. Toned muscle greatly increases the metabolism effeciently melting away stored body fat. Training days separated into upper & lower body muscle groups means training daily is safe and effective. <i>Designed for <u>ALL</u> levels of fitness.</i></p>							