

JANUARY BOOT CAMP SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 Let's Start!	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Mix Fit</i>	<i>Resistance Rush</i>	<i>Mix Fit</i>	<i>Battle Rope Burn</i>	<i>Mix Fit</i>
	8:30 – 9:00		8:30 – 9:00	
9:15 – 9:45	9:15 – 9:45	9:15 – 9:45	9:15 – 9:45	9:15 – 9:45
10:00– 10:30	10:00– 10:30	10:00– 10:30	10:00– 10:30	

****Please note that classes MUST HAVE AT LEAST TWO PEOPLE ATTENDING TO RUN AS SCHEDULED****

Mix Fit: This is a cardiorespiratory and resistance training based class, utilizing some outdoor space for drills (weather dependent), while also incorporating resistance training (sandbags, logs, ropes, tires, bosu, resistance bands, weights, ropes, bodyweight exercises, etc.). This program includes both AMRAP (as many rounds as possible) and HIIT interval training and is primarily focused on cardiovascular endurance – great for fat loss and endurance training.

Resistance Rush: These are strength training classes using bodyweight, kettlebells, dumbbells, sandbags, bands, balls, and anything else we can find that challenges our lifting power! Looking for strength? Improve your form and fire up your reps with this challenging 30-minute strength blasting program.

Battle Rope Burn: Get ready for an intense full body workout with a focus on battle rope training. Ropes offer a full-body strength, power, and endurance challenge to take your fitness to a whole new level while altering your mindset and making you feel like the warrior you are!