

# FEBRUARY BOOTCAMP SCHEDULE

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
					1	2
3	4	5	6	7 <b>EVENING CLASSES START!</b>	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

<b>Tuesday AM</b> (Keswick Karate)	<b>Wednesday AM</b> (Keswick Karate)	<b>Thursday AM</b> (Keswick Karate)	<b>Friday AM</b> (Keswick Karate)	<b>Saturday AM</b> (Keswick Karate)
<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	
<b>Thursday PM</b> (Two Feather's Yoga)		<b>Thursday PM</b> (Two Feather's Yoga)		
6:15 – 6:45		6:15 – 6:45		
7:00 – 7:30		7:00 – 7:30		



## **CLASS DESCRIPTIONS:**

**\*\*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!

## **LOCATIONS:**

### **Morning Class Location:**

**Keswick Karate**  
131 The Queensway South, Units 4 & 5  
Keswick, ON  
L4P 1Z8

### **Evening Class Location:**

**Two Feathers Yoga**  
155 Riverglen Drive  
Keswick, ON  
L4P 3M3