



BOSSE PERFORMANCE

Adult Strength and Conditioning Bootcamp

Adults can train like athletes too! In this class, we take you through a thorough mobility warm-up. This is followed by a comprehensive, full body workout using our new weight training and conditioning area located in the first bubble. Lockers and showers available post class.

Bootcamp Schedule

Monday	6:30am - 7:30am	w/ Brendan
	9:30am - 10:30am	w/ Alison
Tuesday	6:00am - 7:00am	w/ Melissa
	6:00pm - 7:00pm	w/ Alison
Wednesday	6:00am - 7:00am	w/ Alison
	9:30am - 10:30am	w/ Alison
Thursday	6:00am - 7:00am	w/ Melissa
	6:00pm - 7:00pm	w/ Melissa
Friday	9:30am - 10:30am	w/ Alison
Saturday	8:00am - 9:00am	w/ Alison

Boxing Bootcamp, **Thursday, 9:30am - 10:30am** with Greg

For more information on the bootcamp schedule or on customizing bootcamp classes for private events or groups please contact Alison Corwin alisoncorwin1@gmail.com.



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