



## **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, 6:00am - 7:00am with Barbara**

**Monday, 9:30am - 10:30am with Barbara**

**Wednesday, 6:00am - 7:00am with Coach Scott**

**Wednesday, 9:30am - 10:30am with Coach Scott**

**Friday, 9:30am - 10:30am with Alison**

**Starting this October : Tuesday, 6:30pm - 7:30pm with Alison**

#### **Other Classes:**

**Kettle Box, Wednesday, 7:00pm - 8:00pm with Greg**

**Boxing Bootcamp, Thursday, 9:00am - 10:00am with Greg**

**Premium Class (\$25 per class):**

**Spartan Training, Thursday, 6:30pm - 7:30pm with Alison**



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PERFORMANCE**

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