



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 Alison

Tuesday, 6:30pm - 7:30pm with Alison

Wednesday, 6:00am - 7:00am with Alison

Wednesday, 9:30am - 10:30am with Alison

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

Other Classes:

Ride Bootcamp, Tuesday, 6:00am - 7:30am with Melissa

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

Ride Bootcamp, Thursday, 6:00am - 7:30am with Melissa

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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