



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.

Monday, 6:00am - 7:00am with Barbara

Monday, 9:00am - 10:00am with Barbara

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

Wednesday, 9:00am - 10:00am with Coach Scott

Friday, 9:00am - 10:00am with Coach Scott

Other Classes:

Kettle Box, **Wednesday, 7:00pm - 8:00pm with Greg**
Boxing Bootcamp, **Thursday, 9:00am - 10:00am with Greg**



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