

SMALL GROUP BOOT CAMP CIRCUIT

AGES: 18+

This Boot Camp Class, circuit style workout, includes exercises for your entire body with cardio, lower body, upper body and core exercises. With limited equipment available, this makes the perfect workout by doing exercises using your own bodyweight. Improve your strength and stamina in various workout spaces from our indoor track at Trent Arena to outdoor sports drills. This small group setting is available for all levels of fitness.

04-20228-A Tues/Thurs 3:45 – 4:30 p.m. September 7 – 30

04-20228-B Tues/Thurs 3:45 – 4:30 p.m. October 5 – 28

Fee: \$35/resident; \$45/non-resident
Location: Kettering Fitness and Wellness Center Track
Instructor: Ben Parsons

