

GENESIS LIFESTYLE & FITNESS CENTER



Join our Boot Camp Demo Classes!

Register at the front desk or call 454-4767

These demos are open to members and non-members

Boot Camp workouts are composed of a full body attack that includes strength, core, plyometric, and conditioning training. Boot camp is a high intensity workout designed to push individuals past their comfort zone. This program will help you to become stronger, as well as shred through those pesky pounds!

Instructor: Drill Sergeant Dakota Matz

Where: Genesis Lifestyle & Fitness Center

When: Pick and choose your dates and times, come to one or all. All classes will be 45 minutes in length.

Saturday	February 11	11:15 am	Aerobic Room
Monday	February 13	12:00 pm	Aerobic Room
Wednesday	February 15	7:00 am	Aerobic Room
Thursday	February 16	7:00 pm	Studio

Cost: \$5.00 per class (Register for Winter II. Boot Camp and you will receive a \$5.00 coupon towards your class.) **Limit one coupon per person**

The \$5.00 fee will be donated to Big Brothers Big Sisters Bowl for Kids' Sake event.