

# BOOT CAMP

What to expect from Boot Camp:

- Supportive, non-judgmental environment - all fitness levels welcome!
- Modifications to your fitness level, make it easier or more challenging
- Mix of cardio, strength and core training
- Not sure if this is the class for you? Join us as a walk-in and try a class out or email the instructor, Michele at [michele7291@gmail.com](mailto:michele7291@gmail.com) with your specific questions
- Equipment Needed:
  - Yoga mat for floor exercises
  - Hand weights (there is a limited supply available for use, however, you are welcome to bring your own)
  - Water bottle.

