

CURRENT BOOT CAMP SESSION

AUGUST 1 – SEPTEMBER 14, 2023

(NO CLASS AUGUST 31 OR SEPTEMBER 5)

Chester Recreation

ALL LEVELS

BOOT CAMP

Boot camp is a circuit-style training class that alternates muscle toning and cardio moves, in set intervals of time. Don't be intimidated by the name "Boot Camp," as the workout is done at your own pace with the option for modified movements. We will be using a variety of equipment including, but not limited to, resistance bands, dumbbells, steps, jump rope, TRX straps, and exercise mats. Each class is geared toward burning fat, as well as strengthening muscles.

A GREAT WORKOUT FOR ALL  
AGES, AND FITNESS LEVELS!

Tuesday / Thursday @ 5:30

Register <https://www.chesternh.org/recreation-department>

603-887-3636, x 100 |

[director@chesternhrec.org](mailto:director@chesternhrec.org)