

ALL LEVELS BOOT CAMP

Tuesday / Thursday @ 5: 30 PM

Class Description:

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! *Boot Camp is part of our Adult (18+) Fitness Program. Please check out the town website for all recreational fitness programs offered.*

Instructor:

Mikel is an ACE (American Council on Exercise) certified Group Fitness Instructor. She is experienced in a variety of fitness classes, such as Boot Camp, XTX, Indoor Cycling, and Muscle Conditioning.

Class Schedule:

Classes are held continuously throughout the year on a 6-week registration period. Classes are held Tuesday and Thursday evenings at 5:30 PM in the MPR.

Cost and Registration:

\$50 for 6 classes / \$80 for 10+ classes / \$10.00 drop-in per class (if space allows).

Please register online at <https://www.chesternh.org/recreation-department>.

Location:

CHESTER RECREATION – Multi-Purpose Room (MPR)
84 Chester Street (entrance on left side of town offices)
603-887-3636, Ext. 100 / director@chesternhrec.org



Current Session:

Tuesday, April 12th – Thursday, May 19th