



Summer 2010
Small Group Training Series
Page 1 Signature Bootcamps

Experience training with a community feel.

You and other members with similar goals will work with a trainer who will coach you to the next physical level.

- ❖ *Have more personal attention in an intimate environment.*
- ❖ *A cost effective and efficient solution to help you reach your goals.*
- ❖ *Meet other women and reap the rewards only a coach can provide.*

Signature Boot Camps

Ethos trainers go over the top to design boot camp programs that challenge you to reach higher than you thought you could!

Hard Core Boot Camp with Artie

Artie will design a new Workout of the Day each session that is scaled to each individual. Be prepared to improve aerobic endurance, strength, flexibility, power, speed and agility. Bring your game!

8 week programs – once a week

Choose the day that works for you.

Cost: \$200; Non-Member Cost: \$240

Mon. 10am – 11am (HCBCM10)

July 12, 19, 26, Aug 2, 9, 16, 23, 30

Tues. 9am – 10am (HCBCT9)

July 6, 13, 20, 27, Aug 3, 10, 17, 24

Tues. 5:30pm – 6:30pm (HCBCT530)

July 6, 13, 20, 27, Aug 3, 10, 17, 24

Wed. 11am – 12pm (HCBCW11)

June 23, 30, July 7, 14, 21, 28 Aug 4, 11

Fri. 10am – 11am (HCBCF10)

Session 1

June 4, 11, 18, 25 July 2, 9, 16, 23

Session 2

July 30, Aug 6, 13, 20, 27 Sept 3, 10, 17

Sat. 10:00am – 11:00am (HCBCSA10)

July 10, 17, 24, 31, Aug 7, 14, 21, 28

4 week program – twice a week

Cost: \$200; Non-Member Cost: \$240

Tues and Thurs 5:30- 6:30am (HCBCTR530)

Session 1

June 1, 3, 8, 10, 15, 17, 22, 24

Session 2

June 29, July 1, 6, 8, 13, 15, 20, 22

Session 3

July 27, 29, Aug 3, 5, 10, 12, 17, 19

Fitness Fundamentals with Derek

Derek uses precision, control and cadence to take you to the barracks and back. Increase strength, flexibility and muscle endurance.

4 week programs - once a week

Choose the day that works for you.

Cost: \$100; Non-Member Cost: \$120

Mon. 5:45-6:45am (FFBCM545)

Session 1

July 5, 12, 19, 26

Session 2

Aug 2, 9, 16, 23

Thurs. 5:45-6:45am (FFBCR545)

Session 1

July 1, 8, 15, 22

Session 2

July 29, Aug 5, 12, 19

Create your own Small Group!

Interested in starting a small group session?
Have an idea for a session?
Create your group of women and ask a trainer or instructor for the day and time you would like.

Register at Reception.

All classes are subject to a minimum participation.