

BOOT CAMP

Free Class

-INTENSE conditioning class that incorporates a full body workout using cardio, strength, endurance and stretching exercises.

REQUIREMENT: Must have good to high level of fitness to survive this class!

When: *Tuesdays 4:00-5:00pm*

Where: **Court #1 @the Rec.**

Starts January 13th

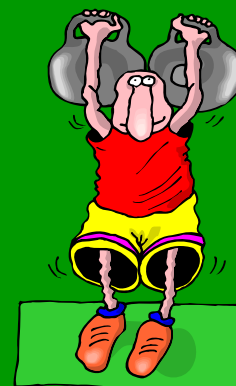
No sign-ups required...Just Show Up!

First come, first serve.

Class size limited to 25 participants.

Taught by: Johnny Pryor- Vanderbilt's Certified Personal Trainer

Contact becky.spires@vanderbilt.edu or the Wellness Resource Center (3-6073) for more information.



Wellness Resource Center
Office of Campus Recreation
Vanderbilt University

