



Audience: 13 and up

Days/Times: Saturday
9:00 am - 10:00 am
10:00 am - 11:00 am
11:00 am - 12:00 pm

Session Dates: January 5 - March 23

Fees: \$5/per hour session
(Plus Day Pass for Non-members)

Instructor: Brittany Boyd

Location: CORE gym

Come experience our BootCamp, a combination of CrossFit and HIIT. In this BootCamp, you will use weighted accessories, as well as your own body weight, to get a high-intensity, fat burning workout! BootCamp accommodates all fitness levels. Come join us as we encourage everyone to meet and exceed their own fitness goals!

CORE

Center Of Recreational Excellence

REGISTER AT THE CORE

4827 Lovington Highway

575-393-CORE (2673)