

Early Rise Outdoor Boot Camp

Session 2: Nov. 2nd - Dec. 11th

Jump Start your day with this high energy Boot Camp Program. **You will be motivated, inspired, and coached through all workouts.** The Camp Instructor will keep your intensity level high with interval training, cycling, and cardiovascular based drills. All sessions will include muscular strength and endurance, core, and abdominal training, all designed to enhance your fitness level, build cardiovascular endurance, and improve overall strength and body tone. **It is a great way to improve your overall fitness level.** Get ready to work physically and push yourself to the next level.

When: Monday, Wednesday, Friday

Time: 6:00-7:00 AM

Where: Class will be held in the Dakota Dome

Cost: Student Rate - \$40.00, Faculty Staff Rate - \$45.00, Community Rate - \$50.00

Class Size: Limited to 10 participants

Registration Begins: October 1, 2009

Register @ Campus Recreation, Dakota Dome -Room 224

677.5324 or campusrec@usd.edu

For Questions or More information please contact: Wendy.Johnson@usd.edu 677-5928

