Spring Break Boot Camp

Instructor: John Rebein
Days: Mondays, Wednesdays, Fridays
Length of Class: 1 hour per class
Start Date: February 6, 2012
End Date: March 16, 2012
Length of Program: 6 Weeks
Time: 2:30 pm to 3:30pm
Enrollment: Limited to Approximately 20

Overview:
Spring Break Boot Camp is an Instructional Program, which requires pre-registration before the start of the program. Registration begins January 17th and ends February 2nd. The program begins February 6th and ends March 16th, the Friday before Spring Break. Boot Camp will meet every Monday, Wednesday, and Friday at 2:30pm for an hour during the six week period. The program is designed for the individuals who are comfortable exercising at an intermediate level and are looking to step it up. The program is open to all SRWC members.

Attendance Policy:
In order to stay enrolled, program participants must attend at least two classes each week. Failure to meet this requirement will result in removal from the program. If the overall enrollment drops below seven participants, the program may end early.

Workouts:
Workouts will include a mixture of strength, cardiovascular, and flexibility training. There will be a variety of methods used for strength workouts including: your own body weight, free weights, medicine balls, kettlebells, and stability balls. The cardiovascular workouts may range from cycling, jumping roping, aerobic classes, to running outside. At the start of the program all the training sessions will meet in the multipurpose room. As the weather warms up the group will be able to take their training sessions outside. The sessions outside can include running, going up and down stairs, relay races, and body weight exercises. Each session will start with a warm-up and stretching and finish with a cool-down and final stretching.

Instructor:
The primary instructor will be John Rebein. There will be the option for John to invite guest instructors for special classes. The special classes may be anything from aerobic classes to yoga classes. The reason for the guest instructor is to include a variety of activities for the participants of the Spring Break Boot Camp.