

BOOTCAMP CLASSES

12 Sessions: Tues/ Thurs. 4:15-5:15PM
Jan. 30-March 8, 2017

Cost \$30 Staff and \$20 for Students

Boot Camp classes will cover a variety of physical fitness challenges from Mixed Martial Arts, to agility, speed, and strength training. Want to increase strength, lean out, become more agile, while challenging your inner athlete! Sign up today and make a commitment to your health & fitness.

Bonnie Anderson is a trainer at The Warehouse in downtown Rosemount. Bonnie has been in the fitness industry for 10 years. She is a certified Personal Trainer through National Academy of Sports Medicine and is also a certified Pound Pro Instructor. She has taught many different formats of group fitness ranging from Kickboxing to Soul Grooves. Her passion is to help others find their “*fun in fitness*” and to bring enthusiasm and excitement into every class. She is motivated by the success of others. WHY?

BECAUSE IT FUN!

THE WAREHOUSE · 



For more information contact Tom Cross
(tom.cross@dctc.edu) Student Life Center