

Body of Work is offering..

Boot Camp

What is Boot Camp? Boot camp is an efficient full body workout that addresses all areas of fitness including; cardio & muscular endurance/ strength, fat loss, agility, balance, flexibility, and core strength. The workout involves calisthenics and various resistance exercises such as; push-ups, planks, squats, bicep curls, and rows. There is also a variety of aerobic and anaerobic exercises, for example; spinning, jump roping, jumping jacks, running/jogging, and step.

Monday and Wednesday nights
6:30 p.m.- 7:30 p.m.

Monday and Wednesday morning
6:00 a.m. - 7:00 a.m.

Saturday mornings
9:15 a.m. - 10:00 a.m.

This is a class designed for everyone...

Do you need to slim down and tone-up? Then is the Class for you!

If you have a group of 4 or more people and want you own date & time,
we will work with you!

Get in shape because you want to look good and be healthy!
Boot camp offers personalized attention with quick results.

Each session includes;

3 health and fitness evaluations
Instructed by two certified personal trainer's
Small group class that allows for safe but effective workouts
we look forward to working with you and helping you reach your goals.

Call 207-741-5280.

Call Dan Carr @ 207-408-4466 / email: Dan@BodyofWorkME.com

or

Call Cindy Gotts @ 207-632-9665 / Email: Cindy@BodyofWorkME.com

Body of Work
161 Ocean Street
South Portland, Maine 04106
207-741-5280 Info@BodyofWorkME.com