



LANCASTER BOOT CAMP SCHEDULE

GET FIT **FASTER!**

1319 Millersville Pike, Suite 200 | Lancaster, PA 17603 | 717.397.6069

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:15am		5:15am	
4:30pm		4:30pm			8:30am
5:30pm		5:30pm			

Power Train Boot Camp blends Maximum Aerobic Performance (MAP) and Tabata principles. Boot Camp sessions are designed to be engaging, maximize fat burning and increase metabolism. Class times are subject to change.