



PALMYRA BOOT CAMP SCHEDULE

GET FIT **FASTER!**

798 Airport Road | Palmyra, PA 17078 | 717.838.5467

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15am		5:15am		
9:00am EXPRESS	9:00am EXPRESS	9:00am EXPRESS	9:00am EXPRESS	9:00am EXPRESS	9:00am
4:30pm		4:30pm			
	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.