



# STATE COLLEGE BOOT CAMP SCHEDULE

GET FIT **FASTER!**

2101 South Atherton St | State College, PA 16801 | 814.954.7101

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		6:00am		6:00am	
					9:00am
	5:45pm		5:45pm		

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.