



# YORK BOOT CAMP SCHEDULE

GET FIT **FASTER!**

2159 White Street, Suite 11 | York, PA 17404 | 717.650.1882

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am		5:00am			
	9:30am		9:30am		9:00am
5:00pm		5:00pm			
	6:00pm		6:00pm		

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.