



Metabolic Blast Boot Camp

Increase your metabolism at the same time as increasing your lean muscle and burning fat ... all while having fun at our new fitness boot camp. This program is designed with high intensity cardio exercises along with strength training in a circuit format. We will start with a warm up including stretching and foam rolling then shift to short intense blasts of cardio such as sprints, lunges and squats along with strength training exercises such as dips, planks and weiqhs. We will be sure to save some time for abdominal set to strengthen our core.

This class will encourage you to work at your own fitness level but will push you to increase intensity. Use the class to supplement to your current exercise routine or to help you jump start your program.



Boot Camp will be offered 2 Saturdays per month starting at 10:30am on the following dates:
March 2, 16, and
April 13 and 27

Class is free for any Duanesburg TaeKwonDo families ... friends and future members \$10 per class.

For more information or to register go to
www.duanesburgtkd.com

