



CENTRAL
Abbotsford
COMMUNITY SCHOOL

CACS Boot Camp 2017

Are you ready to get active, feel better and look great? Our Boot Camp program gives you the perfect opportunity! Taking place three days per week (either **Morning or Evening**), Boot Camp includes a great mix of cardio, strength training, and flexibility exercises through activities such as walking, jogging, obstacle courses and drills, resistance bands, stability balls, medicine balls, yoga, Pilates and much more.



**To register please call
604 853 2221**

MORNINGS - Mon, Wed, Fri

Mar 13 - Apr 7 4005 \$53.55	6 am – 7 am (12 sessions)
Apr 19 - May 12 \$49.09	6 am – 7 am (11 sessions)
May 24 - June 30 \$75.87	6 am – 7 am (17 sessions)
July 10 - Aug 11 \$62.48	6 am – 7 am (14 sessions)
Aug 21 - Sept 1 \$26.78	6 am – 7 am (6 sessions)
Sept 11 - Oct 6 \$53.55	6 am – 7 am (12 sessions)
Oct 16 - Nov 10 \$53.55	6 am – 7 am (12 sessions)
Nov 20 - Dec 22 \$66.94	6 am – 7 am (15 sessions)

EVENINGS - Mon, Wed, Thu

Mar 13 - Apr 6 4006 \$53.55	5:30pm - 6:30pm (12 sessions)
Apr 19 - May 11 \$49.09	5:30pm - 6:30pm (11 sessions)
May 24 - June 29 \$75.87	5:30pm - 6:30pm (17 sessions)
July 10 - Aug 10 \$62.48	5:30pm - 6:30pm (14 sessions)
Aug 21 - Aug 31 \$26.78	5:30pm - 6:30pm (6 sessions)
Sept 11 - Oct 5 \$53.55	5:30pm - 6:30pm (12 sessions)
Oct 16 - Nov 9 \$53.55	5:30pm - 6:30pm (12 sessions)
Nov 20 - Dec 21 \$66.94	5:30pm - 6:30pm (15 sessions)

Participants need to bring a yoga mat, a stability ball and two 5 pound weights. Dress appropriately for the weather as the program goes inside and outside throughout the hour.