



Military Style



BOOT CAMP

Boot Camp is a conditioning class that utilizes a military style format to help you achieve your fitness goals. The class will be held both indoors and out and will include strength training and cardiovascular exercises. This Boot Camp class is all about motivation, results, and fun—in a group environment. Perfect for all fitness levels; whether just beginning a fitness program or have been exercising for years.

Are you ready for fun and energizing activities designed to help you reach your fitness goals fast?

Sign up today!

Program #	Day	Dates	Time
230	Tuesdays & Thursdays	Nov 11-Dec 23	6:15am-7:05am
330	Tuesdays & Thursdays	Jan 6-Feb 12	6:15am-7:05am
331	Tuesdays & Thursdays	Feb 17-Mar 26	6:15am-7:05am

Fee	Drop in Rate	Register by	Min/Max
\$80 Res/\$84		Dec 29, Feb 10	7/20
<i>(\$10 late fee applies when registering after the register by date)</i>			

Oakbrook Terrace Fitness Center Aerobic Studio
For more information: 630-574-0420 or www.obtpd.org