

Monday & Thursday, 1-1:50pm* April 30-June 21, 2018

Register by April 27th!

www.studentwellnesscentre.ca

BOT CAMP



- Workout 2x per week with one main trainer
- Multiple trainers will lead, assist with or provide specialty training throughout the 8-week session
- Receive weekly nutrition tips and complete nutrition and lifestyle “homework” for feedback from your trainer and to be eligible for prizes
- Be prepared with indoor and outdoor footwear, jacket / sweater
- All participants will be assessed on strength, power, agility, speed and endurance first and last week
- Choose a personal goal to work towards or join us for the Spartan Race in Toronto on June 23, 2018! Limited spots available, must register soon!

Participants will also receive a no-fail, no-excuse, vacation plan for keeping up with their workouts and achieving their goals! Let's get MOVING!!

*late afternoon or evening spot may open upon popular request. Non-member fee: \$40



FANSHAW
Student Wellness Centre

