

# Paradise Boot Camp

Exhilarate Activate and Inspire your body with a new approach to hard core fitness. Paradise Boot Camp is multifaceted fitness regime that encapsulates a full cardiovascular, strength and flexibility challenge with innovative aspects to stimulate balance, coordination, agility and teamwork.

This outdoor adventure includes elements of the beach while utilizing natural terrain to challenge every muscle, cell and tissue in your body. You can't help but love this innovative, fun and challenging way to ignite your power from within the full effect of 'adventure' fuels the fun for all.

This workout appeals to all levels of fitness.

Start your day in paradise with a full body fitness challenge for your body mind & spirit.



**Classes held Tuesday & Thursday 8-8:45 a.m.**

Meet at Spa on the Plaza entrance

Summer Intro Special July & August

**Spa Fitness Members: \$5**

**Non-members: \$10**

