

Kathy's Boot Camp



Pre-Holiday Boot Camp 2009



November 2nd – November 19th, 2009

What is Kathy's Boot Camp?

A workout class for those who are seriously committed to improving their health and fitness.

The Low-Down:

Class meets from 6 – 7pm, Monday through Thursday, From November 2nd to November 19th. You are expected to commit to being at class, on time, ready to workout. Please bring a water bottle.

What You'll Experience:

- improved cardiovascular health
- improved muscle strength, tone and definition
- improved flexibility to prevent injury and ensure continual gains.

In general, you will find yourself surrounded by a supportive group of people, including someone who is in similar shape (No matter what shape you are in now). Each day and week get progressively more difficult, to help you progress through plateaus and reach new fitness levels.

It's difficult to describe a "typical" day, because every day is different, but here's a simple breakdown:

For the cardiovascular portion of the classes we may do:

- an obstacle course
- rope jumping
- stair or hill climbing
- military fitness drills
- plyometrics (speed/strength training drills)
- stamina building endurance courses
- and/or a variety of other exercises that emphasize improving your overall cardiovascular health, the body's natural fat burning mechanism

During the strength/toning/defining portions of the workouts we may:

- perform a series of free weight exercises
- use exercise bands/tubes
- do a series of isometric and isotonic strengthening/conditioning
- perform calisthenics: push-ups, pull-ups, lunges, squats
- do plyometrics
- do yoga
- do pilates

(We do abdominal exercises every class.)

**For questions, comments and/or concerns, please contact Kathy Childress, Boot Camp instructor, at kathy@crossfitmaximus.com. Friends and family, men and women welcome
- ALL FITNESS LEVELS.**

Kathy's Boot Camp is presented by Crossfit Maximus, the premier Crossfit Facility in the Bluegrass. Check us out at 1850 Bryant Road, Lexington, KY 40509 or on the web at www.crossfitmaximus.com. Hours of Operation: M-F 6am-1pm; 3:30pm-8:30pm; Sat. 8am-12; 2pm-5pm; Sunday 2pm-5pm.