

BOOT CAMP

Tega Cay Beach & Swim Center
4420 Beach Club Lane

- Boost Your Aerobic Capacity
- Emphasis on variety to train muscles differently
- “Play Outside the Gym Box”
- Lose Weight
- Break Through Plateaus

Boot Camp combines resistance training, cardio, sport specific drills and loads of fun in the great outdoors.

Boot Camp led by Carolyn Mancinelli, **ACE CERTIFIED** Personal Trainer & Athletic Conditioning Instructor. Program includes: Nutritional Planning.

For more Information
Call 803-802-7388
Or wkmotorsport@comporium.net