

fitness

INTERVAL TRAINING BOOT CAMP

Research has shown that interval training is the most efficient way to burn calories while increasing strength. This small specialized group will consist of:

- Yoga infused active warm up to maintain flexibility and core strength
- Interval power cardio circuits to boost calorie burn without burning muscle
- Weight/Strength intervals to build muscle definition
- Core training intervals to maintain optimal core stability and strength

This group is limited to 3-5 participants, allowing for ample focus on individual progressions, goals and form.

When: Tuesdays and Thursdays
9:00am–10:00am

Dates: Session 1:
August 2nd-September 2nd
Session 2:
September 6th-September 30th

Sign up for one or both!

Member: \$320 for 8 sessions
Non-Member: call for details

Instructor: Lisa Decker CPT, CES, SPN, PES, PAS

Please contact Lisa directly at (408)-691-2829
for more program information

Registration Information

To register, a program registration form is required.
For more information contact Deborah Rothschild at
(408)-357-7440 or deborahr@svjcc.org
<http://www.svjcc.org>



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