



Gazelle Boot Camp 2010

Former and current Gazelles lead five demanding, yet fun boot camp designed for both runners and runners-to-be. The program focuses on your core muscles, building balance and strength with a mix of new drills, well-known exercises, and medicine ball throws. Each session lasts for one hour, and all classes meet at RunTex Riverside in the Annex building. ****Please bring your own Yoga Mat or towel****

START DATE: First Monday of each month

LENGTH: One month

FREQUENCY: M/W 5:30 p.m., Tuesday 6:00 a.m. or 5:15 p.m., Friday 5:30 a.m.

COST: \$75/month, Free to current paying Gazelle members

LOCATION: RunTex Riverside, 422 W. Riverside Dr.

****INFORMATION SESSIONS 4TH SATURDAY OF EVERY MONTH AT RUNTEX ****

Highlights

- Experienced instructors
- Five meetings per week
- Exciting, fun atmosphere with a variety of exercises, lifts, and throws
- 15% discount at all RunTex locations
- Free to current paying Gazelle members
- Opportunity to attend free Friday Yoga Class