

Tone Zone BOOT★CAMP

5 Weeks: Season 55	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 3/14-/18	Lower Body <small>*Wear a Tone Zone shirt & get a Bootcamp Token!</small> Location: Gym	Total Body Location: Gym	Upper Body Location: Gym	Cardio Craze Location: Gym	Total Body + Abs Location: Gym
WEEK 2 3/21-3/25	Upper Body Location: Gym	“Terri Peak Mountain” HELL DAY <small>*Wear a Tone Zone shirt & get a Bootcamp Token</small> Location: See below	Cardio Craze Location: Gym	Lower Body Location: Gym	Total Body Location: Gym
WEEK 3 3/28-4/1	Cardio Craze Location: Gym	Lower Body Location: Gym	Upper Body Location: Gym	“M Mountain” HELL DAY <small>*Wear a Tone Zone shirt & get a Bootcamp Token</small> Location: See below	Total Body Location: Gym
WEEK 4 4/4-4/8	Lower Body <small>*Wear a Tone Zone shirt & get a Bootcamp Token!</small> Location: Gym	Total Body Location: Gym	“Lakeside Mountain” HELL DAY Location: See below	Upper Body Location: Gym	Cardio Craze <small>*Wear a Tone Zone shirt & get a Bootcamp Token</small> Location: Gym
WEEK 5 Recovery 4/11-4/15	Total Body + Abs Location: Gym		Lower Body Location: Gym	Upper Body Location: Gym	

Terri Peak Mountain: Meet at Grande Vista Hill- Take Ramona Expressway down, Left on Evans, Right on Iris, Right on Grande Vista. Drive all the way up the hill till you hit the dead end.

Lakeside Hill: From the gym take Ramona Expressway east then make a Right on Rider, Left on Sherman Ave. then Left on Walnut Ave. Follow it to the end of the street. There’s plenty of parking at the end of the street. (Lakeside Hill Adjacent to Lakeside Middle School)

There will also be 3 Saturday Classes at 10am after weeks 1, 2, and 3