

PHYSICAL EDUCATION DEPARTMENT INTRAMURAL SPORTS TEAM PROGRAM



Intramural Bootcamp

RULES and ELIGABILITY

Open to All SWTJC/RGC Students/Faculty/Staff

Challenge yourself to a high intensity workout that changes from week to week, brought to you by our SWTJC Fitness Instructor Landra Fowler.

Information:

- 40 minutes of high-intensity training with exercise modifications for all fitness levels.
- Total body conditioning
- Core training
- Speed and agility training in a non-traditional format.
- Location: La Forge Hall Gym SWTJC Fitness/Swim Center.

Level and Intensity:

While SWTJC Intramural Boot Camp is a total body workout designed to offer high-intensity training, our instructors will adapt each exercise to serve all fitness levels. All Students/Faculty/Staff are welcome to join.

So come out and take the challenge, those who attend all boot camp sessions will earn a Boot Camp T-shirt and become our SWTJC Boot Camp Champions!