

BOOT CAMP

EXPERIENCE A CHALLENGING GROUP EXERCISE WITH VARIATIONS OFFERED FOR EVERY LEVEL OF FITNESS

Bootcamp at Goodyear Health Center is a personalized group fitness program designed to burn fat and build muscle with a mixture of intense, fun exercises.



LET US HELP YOU

- LOSE WEIGHT
- IMPROVE STRENGTH & ENDURANCE
- BOOST METABOLISM
- INCREASE ENERGY

REACH YOUR GOALS FAST WHILE HAVING FUN!



SEE OUR TRAINERS FOR MORE INFORMATION, MORNING AND EVENING CLASSES AVAILABLE.