

BC Bootcamp

BC Bootcamp is a combination of Hiit (High Intensity Interval Training) as well as tabata training. There are twelve stations, each station is an exercise that would be completed in 40 second intervals, four rounds with a break in between each round. Modifications are always offered just in case an individual can't complete that specific station.

Barre Bootcamp is a workout technique inspired by elements of ballet, yoga and pilates. It focuses on low-impact, high intensity movements designed to strengthen your body in ways that few other workouts can.

Fees

5 classes - \$50 - Must be used within 30 days

1 class - \$12

Bootcamp

Monday, Wednesday & Saturday
7am - 8am @ Veteran's Memorial
Park by the playground

Barre Bootcamp

Wednesday 5:30pm - 6:30pm
Friday 6pm - 7pm
Rec Center Dance Room



Instructor Natalie Ganon, began her fitness journey 25 years ago during her studies at Ohio State. She came to Las Vegas in 2001 and became a licensed sports therapist. She has worked with Cirque du Soleil and The Wynn hotel's show Le Reve.



Boulder City Parks and Recreation Department
900 Arizona Street 702-293-9256

Call to register