

## WAY OF LIFE BOOT CAMP SCHEDULE SPRING 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING		
7 am	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING
9 am	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	9 AM MEDITATION
12 pm	GILEAD BIOSCIENCES	GENENTECH	PERSONAL TRAINING	GENENTECH	GILEAD BIOSCIENCES		
4 PM	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING		
5 pm	BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP	5:30 - 6:30PM BOOT CAMP		
6 pm	BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP			
7 pm	BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP			

**BOOT CAMP** - Way Of Life Boot Camp sessions are fun, high energy, high intensity, full-body workouts for all fitness levels. Each time it's always a different workout with a mixed blend of exercises, challenges, and the added bonus of amazing community and personal development of the body, mind, and spirit. We incorporate body weight training, HIIT, Tabata, Kickboxing, resistance training (weights), Yoga postures, meditation, and more into our sessions.

**MEDITATION** - Practice the skill and art of being in the present moment. Our non-religious approach to meditation combines ancient Eastern practices with a Western perspective rooted in modern science. You will gain mental focus, clarity, insight, while you decrease anxiety, sharpen intuition, increase overall health, and deepen your sense of well-being.

**PERSONAL TRAINING or CORPORATE TRAINING** - BY APPOINTMENT ONLY. CALL or TEXT 442-500-4651.

**WAY OF LIFE CUSTOMER SERVICE:** Call 442-500-4651

**MEMBERSHIP INFO OR CANCELLATIONS:** [membership@wayoflifetransformations.com](mailto:membership@wayoflifetransformations.com)

**ONLINE SCHEDULE:** Visit [www.wayoflifetransformations.com/schedule](http://www.wayoflifetransformations.com/schedule)

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