

*Sustainable Fitness*

## **BOOT CAMPS** *For Women*

### **INDOOR BOOT CAMP – GEAR TO BRING:**

- Gym bag
- Pair of 5 or 8lb dumbbells
- Yoga Mat or similar type of roll up exercise mat
- Large Bottle of Water (preferably two liters)
- Sweat towel

### **INDOOR BOOT CAMP – CLOTHING TO BRING:**

*Dress lightly; however you may want to consider starting your workout with a sweat top over your t-shirt during warm-up, as it can always be removed if you become too warm.*

- Good pair of sweat socks
- Good Cross Training type running shoes with non-marking soles
- T-shirt, sweat top and shorts

### **CAUTION:**

- Protect your valuables by keeping them within sight while at camp; keep them hidden and locked in your vehicle or better yet, don't bring them.

### **WE ARE LOOKING FORWARD TO SEEING YOU!**

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