



B.O.S.S Fitness Schedule



(Effective: October 1, 2012)

- Phone: (416) 284-8861 ▪ www.RyoukoMartialArts.com

| CLASS TIMES | MON | TUES | WED | THURS | FRI | WEEKEND TIMES | SAT | SUN |
|--------------------|--|------|----------------------------------|--|----------------------------------|--------------------|--|--|
| 6:00 AM – 6:37 AM | B.O.S.S FIT EXPRESS (37 min) | | B.O.S.S FIT EXPRESS (37 min) | | B.O.S.S FIT EXPRESS (37 min) | 9:00 AM – 10:00 AM | B.O.S.S FIT BOOTCAMP ALPHA (60 min) | B.O.S.S FIT BOOTCAMP ALPHA (60 min) |
| 9:30 AM – 10:30 AM | B.O.S.S FIT LADIES (60 min) | | B.O.S.S FIT LADIES (60 min) | | B.O.S.S FIT LADIES (60 min) | | | |
| 4:45 PM – 5:30 PM | B.O.S.S FIT BOOTCAMP (45 min) | | B.O.S.S FIT BOOTCAMP (45 min) | | B.O.S.S FIT BOOTCAMP (45 min) | | | |
| 8:00 PM – 9:00 PM | B.O.S.S FIT BOOTCAMP ALPHA (60 min) | | B.O.S.S FIT ZUMBA (40 min) | B.O.S.S FIT BOOTCAMP ALPHA (60 min) | | | | |

B.O.S.S. FITNESS BOOTCAMPS

B.O.S.S. FIT EXPRESS

B.O.S.S. FIT EXPRESS is a 37 minute total body fat blasting workout that fits the schedule of any busy individual. In a matter of 37 minutes, you can burn up to 800 calories. The workouts consist of fast paced interval and circuit training that will save you time in the gym and maximize your results. The full body workout blitz incorporates cardiovascular conditioning that will increase your endurance, improve your balance, strength, and flexibility. If you're short on time, need to lose weight, and you are ready to get fit, B.O.S.S. FIT EXPRESS is serious about your success! This program is for individuals of all fitness levels from beginner to intermediate.

B.O.S.S. FIT LADIES

B.O.S.S. FIT LADIES is a **woman's only bootcamp**. This program is specifically designed for the ladies that want to tighten up and trim up fat in unwanted areas. Lose weight and get fit at the same time. The key areas of focus in this bootcamp are workouts for the arms, core, thighs, and buns. B.O.S.S. FIT LADIES will increase your cardio, muscle tone, and send your metabolism straight through the roof. The bootcamps are about dynamic and fun group fitness workouts where woman can achieve the fitness goals they desire and need a bit of push and motivation to reach their goals. Get results quick and Lose up to 10 lbs in the first month, results guaranteed! This program is suited for all ladies of all fitness levels from beginner to advanced.

B.O.S.S. FIT BOOTCAMP

B.O.S.S. FIT BOOTCAMP is the *original weight loss B.O.S.S.* program and is for the individual that wants to get fit, increase their cardio, strength, and conditioning. This unique fitness program is designed for people that want to see big changes in the smallest amount of time possible. By constantly varying workouts, the program will help you push through plateaus and help you with weight loss, improving your self-confidence, and increase muscular endurance. This program is suited for individuals with fitness levels from beginner to intermediate.

B.O.S.S. FIT BOOTCAMP ALPHA

B.O.S.S. FIT ALPHA is a program designed for those that want to raise their fitness and conditioning to the next level. It is a tough workout that focuses on strength, flexibility, agility, speed, and metabolic cardiovascular circuit training. The results based program utilizes shorter rest times, more workload, and higher intensity circuits. The program will push the individual to the limits and continually challenge the mind and body by using bodyweight exercises, battle rope, kettle bells, agility ladders, sand bags, and parallel bars. This program is more suited for individuals with fitness levels from intermediate to advanced.

B.O.S.S. FIT ZUMBA

Zumba aims to make exercise fun with upbeat music, a positive environment and fairly simple movements that beginners can pick up on right away. The full-body routine typically leaves participants sweating and satisfied with their workout.