

Inspiration Fitness Class Descriptions

**All Camps are 45 Minutes
Workshop is 1 hour**

Co-Ed Kettlebell Camp

Open for men and women. Uses kettlebells and bodyweight. Fat loss FAST!
All participants must take 101 Kettlebell Workshop first.

Ladies Fitness Camp

For women interested in losing fat FAST! We use a variety of equipment and you **NEVER** do the same workout twice!

Boot Camp LITE

Open for men and women.
This two day boot camp is the same Fat Blasting workouts as our regular Ladies Fitness Camp only taken down a notch or two. This camp is perfect for fit seniors, those brand new to exercise, those rehabilitating injuries or those with more than 50 lbs. to lose.

101 Kettlebell Workshop

This workshop is a pre-requisite for any of our Kettlebell Camps. Learn how to swing, clean, press and perform Turkish Get Ups correctly.

This workshop is only available one Saturday a month. **Call for next available date.**

Coming soon...

**Get Your Bikini Body Back
Pre-summer Program**

**Kid Camps
And Homeschool PE**