



Charles R. Drew Wellness Center

2101 Walker Solomon Way
Columbia, SC 29204
(803) 545-3200
www.drewwellnesscenter.com



TOTAL FITNESS BOOT CAMP: OUTDOOR SESSION

Are you ready for more boot camp? Take your workout outdoors with this 1-hour cardio and strength training session. Trainer, Bridget Butler will take you through a series of workouts like plyometric moves, running drills and battle ropes to keep you in shape for the summer.



Session Dates: May 5-28

When: Tuesdays and Thursdays at 5:30-6:30 PM

In the event of rain, a makeup day will be held on Friday of that week.

**Cost: \$35 for Members
\$40 for Nonmembers**

Registration deadline: May 4, 2015

Don't want to sign-up for the whole session? You can get a special drop-in rate of \$8

For more information or to register, please call 803-545-3200 or visit the Drew Wellness Center's Welcome Desk.



We Are Columbia

www.columbiasc.net