

Wellness
Center



Saint Thomas
WEST HOSPITAL

Bootcamp Class

WHEN:

- Monday, Wednesday, Friday from 5:30 a.m.-6:30 a.m.

WHERE:

- Saint Thomas West Wellness Center, 3rd Floor of S & E Building, 615-222-2056

WHAT:

- Start your day off with a total body workout that combines cardio and strength training!
- Use free weights, machines, body weight exercises, and more to increase your overall fitness!

PARTICIPATION:

- **FREE** to all Wellness Center members!
- \$10 drop-in for non-members.

