

Boot Camp

Boot Camp Program

St. Norbert College
presents the
Boot Camp Fitness
Program!

Your health is important
to us. That's why
St. Norbert College
is bringing fitness,
nutrition and wellness
education to you!

Making the effort to be
healthy can pay off
in so many ways!

SUCCESS . . .

. . . It is not only determined by the strength
of your legs, but also by the strength of your
mind.

Think of it as basic training for your body.

St. Norbert BOOT CAMP is a group exercise class that
mixes traditional callisthenic and body weight exercises
with interval training, strength training and exercises that
focus on sports based movements.

While there are a variety of styles of fitness boot camps,
most are designed in a way that pushes the participants
harder than they'd push themselves.

Led by certified instructors through our partnership with
Prevea LeadWell, the co-ed classes are geared toward
intermediate to advanced fitness levels and abilities.

Mondays & Wednesdays

4:45pm – 5:45pm

Van Den Heuvel Campus Center

To sign up for this program, please complete a Boot
Camp Participant Enrollment form and return to HR.

