



WSC BOOT CAMP

Beginning January 5th. Sessions run every Tuesday and Thursday from 7:30am to 8:30am through March 11th.

This program will be led by John Almirall; a personal trainer that is certified by the National Academy of Sports Medicine.

Here is what John says about the sessions that he is customizing for our sailors:

"WSC's Boot Camp Sessions will include functional resistance exercises focusing on range of motion and improved endurance combined with high intensity cardio vascular activity and will include group circuit training to facilitate total body adaptations and improved athletic performance."

Cost is \$270.00 for all 10 weeks.

Call the WSC office to sign-up.

Willamette Sailing Club
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