Boot Camp
Fall 2021 Session II (October 13 – December 1)

Registration is already underway!
The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is $20.00 for 1 day/week (choose one day) or $40.00 for 2 days/week (Mon/Wed).
Note: The general public is not currently eligible to register for SIRA Fitness Classes.

*SPACE IS LIMITED!!* To register, please fill out the SIRA Fitness Online Registration Form. Participants may pay for class on-line (with a Pirate Card) or pay via check (make checks payable to “Southwestern University”) to the SIRA Office (CJR215) or via campus mail.

Session Schedules and Format
*Mondays and Wednesdays from 12:00-12:50pm in the CJR Aerobics Room*
- *Note: No class will be held on Wednesday, November 24, which is an SU Holiday (Thanksgiving Break)*

SIRA’s Boot Camp class will use a variety of different formats to provide both strength training and a cardiovascular workout each day. This class will regularly incorporate circuit training, interval work, walking/jogging and/or step workouts, as well as the use of weights and bands to keep things new and challenging for participants. This fun, fast-paced class does not require previous experience with group fitness workouts just a willingness to try something new in a friendly and supportive environment.

Instructor Qualifications
Jamie Bradford is the instructor for this class. Jamie is an AFAA certified group fitness instructor with 10+ years of experience teaching fitness classes and she is also Red Cross CPR/AED certified.

*More information(?)* Contact Derek Timourian at 512-863-1665 or timourid@southwestern.edu