



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