

# Special Events at

# Botsford Center for Health Improvement

# this Summer!

**Cardio Playground** – July 21st (7-8 p.m.): Take your fitness routine outdoors with BCHI's exclusive outdoor fitness circuit! We've created a playground for grown ups with a series of body weight toning exercises and moderate intensity cardiovascular exercises.  
Best for overall general fitness, beginner to intermediate

**Extreme Bootcamp** – July 27th (6-7 p.m.): Get out of the gym and into the grass for this challenging fitness routine! Ideal for the competitive athlete or anyone looking for high intensity exercise to maximize fitness results, these demanding workouts will get you looking and feeling your best. Are you up for the challenge?  
Best for sport-specific or performance, intermediate to high fit

**Extreme Spin** (2 Hour Marathon) – June 15th (5-7 p.m.), July 13th (5-7 p.m.) August 14 (8-10 a.m.): Build cardiovascular and muscular endurance and create a calorie deficit of over 1200 calories with this marathon cycling class. A full 2 hours of your favorite music and spinning routines will keep you motivated and in your target fat burning zone! It is recommended to have attended 1 or more spinning classes prior to this class!  
Best for sport-specific or performance, intermediate to high fit

**Intro to Spinning** – June 19th (10-11 a.m.): Perfect for first-timers! Learn proper bike position and adjustments. Practice basic routines such as hill climbs and sprints. Light to moderate intensity routines allow the body to adjust to the demands of cycling and develop muscle memory.  
Best for overall general fitness, beginner to intermediate

**Mini-Triathlon** – July 10th (8-10 a.m.): Never did a triathlon before? Give ours a tri! 20 minutes in the pool, 20 minutes on the bike and 20 minutes on the treadmill. See how far you can go!  
Transitions are not timed.

**IronMan Challenge** – August 1-31st: Sign up for the IronMan Challenge during the month of August. Accumulate 26.2 miles running, 112 miles biking and 2.4 miles swimming during your workouts in August to earn the title of IronMan/IronWoman. Training routines will be provided.

**Spin and Straps** – June 10th (5-6 p.m.), July 20th (5-6 p.m.), August 19th (5-6 p.m.): A BCHI exclusive! We've combined our 2 most challenging classes to bring you the best in cardiovascular endurance and caloric expenditure along with total body muscular toning and core conditioning... rotate between the spinning bike and TRX straps for a complete workout like no other. Straps will hang from the trees alongside spinning bikes aligned on the grass for a unique outdoor fitness experience! Reserve your place now! Space is limited!  
Best for sport-specific or performance, intermediate to high fit

**Zumba Party** – July 26th (7:30 – 8:30 p.m.), August 9th (7:30-8:30 p.m.): Zumba is a low impact, highly motivating latin dance! The music is fun, the dance steps are even more fun! Learn to shake your hips as you dance the samba, the salsa and the merange!!

**Aqua Zumba** - July 8 (10-11 a.m.): This is the workout everyone has been waiting for... come and join our Pool Party!!! We will integrate the Zumba formula and philosophy into traditional aqua fitness disciplines and will create a challenging and fun aqua workout to Latin and international music. Participants are encouraged to make the movements their own and may adjust the intensity to as low or as high as they wish. Let's Salsa and Merenque in the water! Join the party....ditch the workout!