



BOOT CAMP

Every Monday, 5:30-6:30 p.m.

July 31-Sept. 11 (no class on 9/4)

Thrive Event Center, Dan B. Moore Bldg., South Sacramento

Join us for Wellness University's 6-week, on-campus exercise class, Boot Camp.

Boot Camp combines the best of cardio and strength training, challenging you to burn calories and build muscle, all in a fun, supportive environment.

Open to KP physicians and employees, all exercise levels are welcome, and no experience necessary. Wear comfortable clothing, bring your water bottle and get ready for a great workout.

For each class you attend, you will earn 1 Wellness University credit towards great rewards. Go to www.kpwellnessu.org to learn more.

For questions or more information,
email Employee-Wellness-SSC@kp.org, or
call (916) 525-4820.

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WELLNESS UNIVERSITY