



BOOT CAMP

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

February 12-March 25 (no class on 2/19)

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

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

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

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

For each class you attend, you'll earn 1 Wellness University credit towards great rewards. Go to www.kpwellnessu.org to explore our online Event Calendar for this and many more offerings.

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

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