Big changes to the RHRC Fitness Program coming in January!

RHRC will no longer be offering its own Boot Camp Class.

We have contracted with Edgar Smith of Fitness Bootcamp Wichita to provide Rose Hill with a top-tier, state-of-the-art Bootcamp Program

About Fitness Bootcamp:

Fitness Bootcamp Mission:

Our mission is to help you achieve your goals by focusing on your individual achievements in Fitness Bootcamp, instilling in you the discipline to continue to exercise even when you just don't want to, and finally the plan to help make all of your goals reality.

Why?

Everyone has goals and desires in life and one of the most desired goals is to have a healthy life, Fitness Bootcamp is here to help you start living a healthier and longer life. The Bootcamp program is designed to kick start your physical fitness and it gives you the essential knowledge needed to workout without having to go indoors.

How?

You will attend a monthly course which consist of physical activity to strengthen your body. You will also have monthly fitness evaluations, such as BMI, to monitor your progress.

This is all done in a group setting where everyone is encouraged to motivate and uplift their peers to accomplish their goals.

All Fitness Bootcamp participants should wear shorts or sweat pants, comfortable shirt or top, and cross training or running shoes. Please bring gloves to protect your hands when participating in ground exercises.

All Fitness Bootcamp participants will be measured, complete initial physical test, and have a body fat % taken one week before the classes begin.

The 411:
Tuesdays and Thursdays, Starting January 2
5:15 am - 6:15 am in the RHRC Gym
$44 / month
Come meet Fitness Bootcamp instructors at the RHRC Fitness Center Open House
Sat, December 9 from 9:30 - Noon

Get Signed Up:

Register directly with Fitness Bootcamp:

Bootcampwichita.com

RHRC website for a link:

rosehillrec.com/fitness-bootcamp-program

Or call for more info:

Phone: (316) 992-9578