

BASE CAMP GYM SCHEDULE

EFFECTIVE MARCH 17-MAY 2025

Base Camp offers Outfitters 24/7 free access* to the fitness center. In addition to this great perk, Outfitters also receive complimentary group exercise classes, personal training and recreation activities!



BASE CAMP FITNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 4:00 PM PERSONAL TRAINER DEREK	8:00 - 4:00 PM PERSONAL TRAINER DEREK	8:00 - 4:00 PM PERSONAL TRAINER DEREK	8:00 - 4:00 PM PERSONAL TRAINER DEREK	8:00 - 4:00 PM PERSONAL TRAINER DEREK
11:30 -12:05 PM STRETCH & STRENGTH AMANDA	12:00 - 12:40 PM CIRCUIT RONDA	11:30 - 12:05 PM DEEP STRETCH NANCY	12:00 -12:40 PM CIRCUIT NANCY	
12:15 -12:50 PM TOTAL BODY WEIGHTS AMANDA		12:15 -12:50 PM DANCEFIT NANCY		



GROUP RECREATION ACTIVITIES

11:00 - 12:00 PM PICKLEBALL	11:00 - 12:00 PM PICKLEBALL	11:00 - 12:00 PM PICKLEBALL	11:00 - 12:00 PM PICKLEBALL	11:00 - 12:00 PM PICKLEBALL
12:00 - 1:00 PM BASKETBALL	12:00 - 1:00 PM VOLLEYBALL	12:00 - 1:00 PM BASKETBALL	12:00 - 1:00 PM VOLLEYBALL	

*Need to gain badge access to the gym? Log into Workday and follow the steps by scanning the QR code.

PERSONAL TRAINING

DEREK COLBERT, FITNESS COORDINATOR-BASE CAMP

Whether you're just starting your fitness journey or gearing up for your next outdoor challenge, Derek is dedicated to crafting personalized workout plans that cater to your unique needs and preferences. His approach ensures a well-rounded focus on strength, endurance, and flexibility. Focusing on motivation and proper technique, Derek empowers you to build confidence and achieve lasting progress. Begin your path to a healthier, more active lifestyle today! 📧 Dncolbert@basspro.com



GROUP EXERCISE CLASS DESCRIPTIONS

- **Circuit Training** - Designed to improve both strength and cardiovascular endurance, this workout consists of short, high-intensity exercises followed by brief rest periods and active recovery. Instructors lead participants through a customized session that caters to all fitness levels, including a warm-up and cool-down. The class incorporates bodyweight exercises, resistance training, and cardio bursts, all within a fun and supportive atmosphere, empowering individuals to enhance their energy, stamina, and reach their fitness goals.
- **Deep Stretch** - Focuses on enhancing flexibility and relieving tension through gentle yet powerful movements. It serves as a recovery session for improving mobility and range of motion while promoting relaxation and mindfulness. The instructor emphasizes safe techniques, benefiting both athletes and those seeking relaxation. Participants enjoy calming music in a serene environment, leaving rejuvenated and balanced.
- **DanceFit** - Get ready to groove with choreographed dances that are both simple and enjoyable to learn. Move to your favorite songs while experiencing this energizing cardio workout that will have you glowing in just 40 minutes! Whether you're a seasoned dancer or just love to move, DanceFit is perfect for everyone. The class blends a variety of dance styles, including hip hop, salsa, and pop, to keep things exciting and fresh. Not only will you improve your coordination and rhythm, but you'll also burn calories and boost your mood.
- **Stretch & Strength** - Combines Pilates and yoga to tone and align the body, focusing on core stability, balance, and endurance. Guided by an instructor, sessions build physical strength and mental clarity through mindful breathing and proper form. Suitable for all fitness levels, it offers modifications to enhance athletic performance or relieve stress, leaving participants feeling refreshed and stronger.
- **Total Body Weights** - This is a energetic total body resistance training class that engages major muscle groups using high repetitions with low to moderate weights. Each session starts with a thorough warm-up to prevent injuries and then will progress through exercises targeting arms, legs, back, and core for a balanced full-body workout. Attendance builds strength and endurance, leaving you invigorated and accomplished. Join us to experience the physical and mental transformative benefits of Total Body Weights!

- Group classes are complimentary to all outfitters with gym access and led by F8 Training & Wellness Studio.
- For classes, no registration is required. Outfitters are welcome to come and go as their schedule allows.

Questions? Email Derek Colbert, Fitness Coordinator at DNcolbert@basspro.com

