



**BASE CAMP
FITNESS CENTER**

BASE CAMP GYM SCHEDULE

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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 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	5:00 - 6:00 PM VIRTUAL MTNTOUGH OUTFITTER LED
12:15 - 12:50 PM CIRCUIT AMANDA	5:00 - 6:00 PM VIRTUAL MTNTOUGH OUTFITTER LED	12:15 - 12:50 PM DANCEFIT NANCY	5:00 - 6:00 PM VIRTUAL MTNTOUGH OUTFITTER LED	
5:00 - 6:00 PM VIRTUAL MTNTOUGH OUTFITTER LED		5:00 - 6:00 PM VIRTUAL MTNTOUGH OUTFITTER LED		

GROUP RECREATION ACTIVITIES

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	

- **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 supportive atmosphere, empowering individuals to enhance their energy, stamina, and reach their fitness goals.
- **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.
- **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 environments, leaving rejuvenated and balance.
- **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.
- **Virtual MTNTOUGH** - MTNTOUGH is a collection of functional fitness plans designed to build mental toughness, endurance, and strength for hunters, athletes, military/law enforcement, first responders, and everyday people wanting to improve their fitness. MTNTOUGH offers a wide range of plans tailored to gear, fitness level, and goals. Plans range from Bodyweight only all the way to a Full Gym setup and everything in between. Plans are self-guided or coached through their fitness app.

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!

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



BENEFITS