

Donovan's BootCamp Training

Free BootCamp

Contact Us
Today!! Info
Below!



▶ Free Bootcamp Schedule

- ▶ Monday, 1/5 @ 5am
- ▶ Tuesday, 1/6 @ 4:30pm
- ▶ Wednesday, 1/7 @ 5am
- ▶ Thursday, 1/8 @ 4:30pm
- ▶ Friday, 1/9 @ 5pm
- ▶ Saturday, 1/10 @ 7am

▶ UNIQUE PROGRAMMING

- ▶ Donovan's BootCamp Training is designed to accommodate all fitness levels. You'll train every muscle group in the body, stabilize your core and increase your metabolism throughout the day. The workouts are constantly evolving; as we progress, so do you!!

▶ GUARANTEED RESULTS

- ▶ The Blend of Fast Paced Cardio Training with Bodyweight Conditioning and Strength Exercises produces a metabolic effect on the body that you won't find in other bootcamp programs.