

# Boot Camp Workout Sessions Planned at SWOSU

11.30.2010

Southwestern Oklahoma State University will offer a new activity called "Boot Camp" beginning Monday, January 3, in the Wellness Center on the Weatherford campus.

The four-month continuing education activity, which is being taught by Chris Hebensperger, is designed for anyone who is interested in a heart-beating, blood-pumping workout.

"Boot Camp" will meet every Monday, Wednesday, and Friday nights from 7-8:30 p.m. in Wellness Center 143 and conclude on April 29.

For more information about the class or to register, please contact Berva Pool in the SWOSU Office of Sponsored Programs at [berva.pool@swosu.edu](mailto:berva.pool@swosu.edu) or at 580.774.7012.