

## **Blackhawk Fitness: Boot Camp in Wichita - Power Yoga program under the instruction of Sherrie Hill!**

*By Chief Everhart*

*Dated: Apr 25, 2009*

*Are you interested in a calorie busting workout right here in Wichita? Blackhawk Fitness: Boot Camp has added expert yoga and kickboxing master, Sherrie Hill to its cadre of instructors. Sherrie brings a new dynamic to Boot Camp!*

Blackhawk Fitness: Boot Camp in Wichita is proud to announce the addition of Sherrie Hill to its cadre of experienced, professional, and certified trainers. Sherrie brings with her years of experience in yoga, kickboxing, Hip Hop Hustle, and other forms of group fitness. She is now teaching twice per week at Blackhawk Fitness: Central Campus, from 5:45am to 6:30am, on Tuesdays and Thursdays.

"We are so incredibly excited to have someone of Sherrie's talent on our Cadre!" said Chief Everhart, owner and operator of Blackhawk Fitness Boot Camp.

Sherrie brings a superior mix of Yoga and Kickboxing to her class and makes her students melt the pounds away.

"Expect to burn up to 750 calories in the 45 minute class," Everhart said, "It's fast, effective, and best of all anyone can use their Boot Camp punch card to attend these classes!"

About Sherrie -

Sherrie has been instructing and training fitness for more than 14 years. She is a Group Exercise certified instructor by ACE & AFFA.(Also certified by various other specialty formats.) She teaches most formats of group fitness, but Hip Hop Hustle is fast approaching one of her FAVORITES!!

For more information, visit their website at: <http://www.GetFitWichita.com>

###

Let Blackhawk Fitness: Boot Camp in Wichita MOTIVATE you into a new you! Our ALL MILITARY staff with more than 40 years of combined physical fitness experience are NOT there to yell or scream their heads off, but they WILL make you work towards your goals

Category	Fitness
Tags	fitness boot camp wichita, fitness bootcamp wichita, kickboxing, yoga wichita, crossfit, blackhawk
Email	<a href="#">Click to email author</a>
Phone	316-768-4097
Address	3995 E. Harry
State/Province	Kansas
Zip	67218
Country	United States