

Wichita Boot Camp Lauches New Session and Times for Summer Camps

Due to the increasing demand and current waiting list to participate in Wichita's newest workout program, USA Martial Arts & Fitness Center has launched new time slots to participate in Fitness Kickboxing Boot Camp.

May 20, 2009 - [PRLog](#) -- USA Martial Arts & Fitness Center has recently launched new time slots to accommodate the overwhelming demand of people wanting to participate in Fitness Kickboxing Boot Camp.

"When I first started this boot camp, it was more as a conditioning program for my athletes that take olympic taekwondo and who are part of the Peak Performance TKD team. I also had several people in the regular fitness kickboxing class that wanted personal training. I simply didn't have enough time to help everyone, so I developed this boot camp program. I love martial arts, and my degree is in athletic training so this camp is a natural fit for me." states Ron Brockman, owner of USA Martial Arts.

The uniqueness and magnitude of results people are getting in just one 6-week session have made this camp a hit. With more and more people on a waiting list just to participate, Brockman has extended his camp from two time slots to nine different time slots in just a few months.

On Monday, Wednesday and Friday there are 6 times to choose from:

5:30-7 am
8-9:30 am
11 am-12:30 pm
4-5:30 pm
5:30-7:00 pm
7:30-9 pm

On Tuesday and Thursday there are 4 times to choose from:

5:30-7 am
8-9:30 am
4-5:30 pm
7:45-9:15 pm

Brockman has even added Saturday at 8 am as an "add-on" to those wanting more workout time.

Classes form every 6-weeks and people are encouraged to enroll online or by calling Ron at 316-390-1053 to secure your spot. Next Session Begins July 8.

<http://www.extremetkd.com/wichitabootcamp>

###

USA Martial Arts & Fitness in Wichita, KS, offers traditional taekwondo, olympic taekwondo, fitness kickboxing, and fitness boot camp. We are the only Peak Performance Taekwondo training center in Kansas,

--- End ---

Source

USA Martial Arts & Fitness Center
City/Town Wichita
State/Province Kansas
Zip 67203
Country United States
Industry Boot camp, Personal training
Tags [Boot Camp](#), [Bootcamp](#), [Wichita](#), [Kansas](#), [Fitness Kickboxing](#)
Link <https://prlog.org/10240343>



Scan this QR Code with your SmartPhone to-

- * Read this news online
- * Contact author
- * Bookmark or share online