



# Are you an



# EXTREME Bronco?

## Test your own strength and endurance through our..... **Extreme Bronco Challenge!**

This fitness program will push you to the limit with a Boot Camp style fitness program. During this six week challenge two certified personal trainers will challenge your mind and body with obstacle course training, conditioning, martial arts, core training, boxing, and agility courses. Learn to effectively and adequately train for improved strength and speed.

**When:** September 27-November 3  
Tuesdays & Thursdays  
5:15-6:15 p.m.

**Where:** WMU Student Recreation Center

**Who:** Open to all WMU Students,  
Faculty & Staff

**Cost:** \$65 per person  
Must have SRC access

**Personal Trainers:** Curtis Fennell  
Senika Harrison

To register please visit the Student Recreation Center Service Desk. Payment is required with registration.

Questions please call Jen Bailey, Assistant Director-Fitness, at 387-3762. Registration deadline is September 26.

Minimum enrollment for class to run is 6. Maximum enrollment is 20.

