

Health & Fitness

Kamp Kelli sets bootcamp for women

The spring season has arrived and Kelli Harrington of Kamp Kelli is now offering her Women's Fitness Bootcamp at three separate locations in the Hudson Valley.

Each camp session will be conducted on Mondays, Wednesdays and Fridays from 5:15am-6:15am (Yes, that's AM!) at each of the three KAMP KELLI locations:

* Millbrook: 371 South Road Millbrook, New York 12545.

* Hopewell Junction: 20 Valor Drive Hopewell Junction, NY 12533

* Highland: 101 New Paltz Road Highland, NY 12528 (At the Rail trail)

Bootcamp meets rain or shine unless it is torrential rain. On torrential rain days make-up classes are provided. Each camp is four weeks in length beginning April 20. Each participant is expected to be on time and parking is available at each location

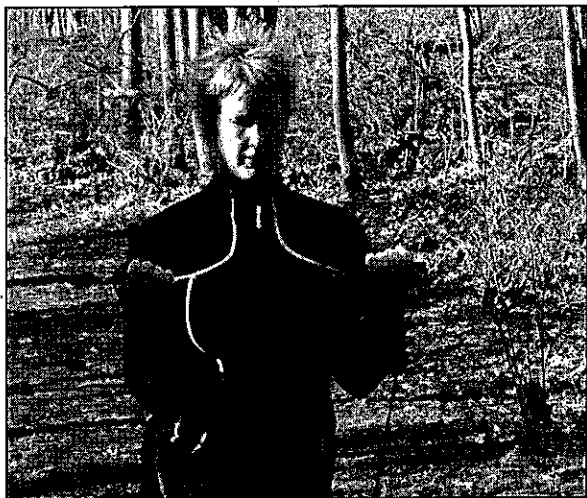
Kelli notes that in addition to working-out in an all-female group environment, participants will receive personalized fitness feedback, fitness guidance and education. "All classes are lead by a certified professional fitness trainer that is committed to your personal success," she said. "The program gives each woman the opportunity to meet new friends in a supportive and fun environment that makes working-out an exciting experience."

KAMP KELLI Women's Fitness Bootcamp recognizes each woman at her current fitness level. Kelli states, "No one will be left behind and no one will be asked to complete more than they are capable of doing safely. Regardless of your fitness level or ability, you will be able to participate. We will assist you through each step of your fitness journey".

She adds that it is important to wear exercise clothing that is weather appropriate. She suggests exercise shorts or pants that are comfortable and wick sweat, jog bras, tee-shirts, tank-tops or sweat shirts as well as running shoes that are in good condition- please do not wear soft-sole/unsupported shoes.

Every woman is required to bring a water bottle, towel, yoga mat and a set of dumbbells- most women use dumbbells that are 3-9 pounds in weight. Each item can be purchased at most retail fitness stores.

Eating a small snack is favorable to a large breakfast. You want



Instructor Kelli Harrington exercises during preparation for her annual bootcamp, which begins April 20.



Kelli Harrington runs along a trail at the Millbrook Bootcamp location.

to have enough energy so you do not feel sluggish. However, do not overeat so you do not feel ill during exercise.

To register, visit www.kampkelli.com, call Kelli at 845-380-9358, or send an email to kelli@kampkelli.com.