

# Adult Bootcamps Are Back!



We are excited to announce that our adult boot camp classes are officially back in session!

## When:

Monday - Friday

**5:30 a.m. | 6:30 a.m. | 12 p.m. | 6 p.m.**

## Where:

OrthoCarolina  
Sports Training Center  
1205 Mann Dr.  
Matthews, NC 28105

**Please note:** Each session of our adult boot camps is limited to 10 participants. Use the **OrthoCarolina Wellness app** to purchase this and other classes individually, or get access to **unlimited classes** with your paid membership.



(704)323-3278 | [sportstrainingcenter@orthocarolina.com](mailto:sportstrainingcenter@orthocarolina.com)