

Program Details

- Small group training - limit of 4 per class
- 2 different 45 minute class formats
 - Mindful Movement
 - Functional Performance
- Variety of times available
- Access to specialized training room
- Individual movement screen
- Personalized corrective exercise plan
- Movement Coaches will offer corrections and appropriate modifications and progressions.
- All fitness levels will benefit from B.A.S.E. Camp
- Easy online sign up for classes

How to get started with B.A.S.E. Camp

1. Purchase and complete the movement screen and get your personalized corrective exercise plan
2. Purchase a class package
3. Create your online member account and download the Rec Center app
4. Sign up for individual classes

Revised 1.25.22

Start with a movement screen.



*Elevate
Your
Movement*

With B.A.S.E. Camp



Collins Aerospace

REC CENTER



B.A.S.E. Camp is for EVERYONE, but especially for YOU!



*It's simple,
but it's NOT!*

“When I first started B.A.S.E. camp I didn't know what to think of it. The exercises looked very simple with light weights, but they were more challenging than I thought. When you finish a session of B.A.S.E. Camp you know you have had a workout! You will discover areas where you are weak and use exercises to strengthen those weak areas. It has also helped me to adjust my incorrect form which affected my other workouts.” -Tim

For more information contact
Angela Stockert, ACSM Exercise Physiologist
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www.collinsaerospacereccenter.com
BASE Camp information and current class
schedule are located under the Programs tab

“I attended Mindful Movement classes, and knew I had found my place.” -Tanna

“B.A.S.E. Camp has been a blessing.” -Anne

“Every session I attend is different from the previous. B.A.S.E. Camp is never boring. It is like personal training at a lower price.” -Sally

Pricing Options

Movement Screen	\$30
Single Class	\$30
5 Class Package	\$100
10 Class Package	\$170
15 Class Package	\$225

Start ANYTIME!

All packages have a **90 day expiration** date and are non-refundable.

“After having two total knee replacements I was struggling to get in shape and build back my strength and improve my balance, B.A.S.E. Camp does both in addition to helping with agility and endurance. The B.A.S.E. Camp instructors are fantastic, and willing to meet you where you are at physically in your health journey.” -Barb

“After just 6 weeks in the program, my knee/leg pain was gone!” -One very happy B.A.S.E. Camper!