



## Boot camp for bodies

### Gyms step it up with challenging classes

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Photo Gallery

#### BOOT CAMP FOR BODIES



Some time in the next six weeks you may see a group of adults playing freeze tag in a parking lot just past Pearl and 28th Street. Or you may see them sprinting around to the local businesses doing a scavenger hunt. And don't be surprised if you see them sit in a circle and play a few rounds of duck, duck goose.

Ironically, the innocent fun of these children's games is actually part of the framework of one of the most grueling workouts Boulder has to offer — the class is called Fit Quest and is offered at The Workout Studio. It's an eight-week class that mixes cardio and strength training with creative workouts and a boot-camp atmosphere.

Boot camp classes have sprung up at Boulder gyms to challenge gym goers to keep their fitness resolutions for the new year — or provide a kick-butt workout to fitness buffs looking to step up their workout game.

Fit Quest, for example, is no child's play when owner and creator Robert Brooks sees its members taking a break during the workout.

"I don't let people slack. If they don't do a good workout, they're gonna get a little extra work at the end," Brooks says.

Fit Quest thrives on breaking the barriers of traditional classes. Before his first class of the eight-week course, Brooks walks around hanging signs at different points in the gym, designating different stations of exercise. Members of his class perform the different exercises — from throwing a heavy medicine

ball at a wall to jumping rope to balancing with legs out on a Bosu ball — for 30-second intervals. The class attracted a variety of ages and abilities.

Sally Fisher is about to take her first Fit Quest class and is looking over the station's signs.

"I'm almost scared — I'll be so sore. I know I'm not going to be 21 ever again, so I'm just looking to be fit and healthy," she admits, pushing back her silver hair.

Brooks keeps track of his members' progress with a chart on the wall that measures their speed and strength. Brooks, who is also a personal trainer, started the class after trying the cross-training workout on one of his clients and she urged Brooks to offer a class.

"At the end of the eight weeks, what I really notice is that people are mentally stronger and more confident. They also become more muscular and lose weight," Brooks says.