

Bootcamp in the Ballpark

Jul 5-Aug 13

Train like a pro

Basic Training and AT&T Park have partnered to bring you Bootcamp in the Ballpark, a six-week program with classes inside and around the Giants stadium. Increase your quickness, speed, endurance, and strength while training where the pros play.

When

5:30-6:30 PM Mondays, Tuesdays, Thursdays
6:30-7:30 PM Mondays, Tuesdays, Thursdays



Where

All classes meet at the Giants' Dugout Store at AT&T Park

Cost

\$25 Individual class
\$315 Six-week program, 3 classes a week (18 classes total)
\$275 Six-week program, 2 classes a week (12 classes total)

Registration

Eight classes during the six-week period happen inside AT&T Park, 10 classes take place outside and around the park. Class capacity is 75 people. You must pre-register by paying in advance on PayPal or emailing info@basictrainingsf.com to reserve your spot in class.

Class Dates*

Monday, July 5
Tuesday, July 6
Thursday, July 8
Monday, July 12
Tuesday, July 13
Thursday, July 14
Tuesday, July 20
Wednesday, July 21
Thursday, July 22
Monday, July 26
Tuesday, July 27
Thursday, July 29
Tuesday, August 3
Thursday, August 4
Friday, August 5
Monday August 9
Tuesday, August 10
Thursday, August 12
Friday, August 13

Venue

Inside ballpark
Outside ballpark
Outside ballpark
Inside ballpark
Inside ballpark
Inside ballpark
Inside ballpark
Inside ballpark
Inside ballpark
Outside ballpark
Outside ballpark
Outside ballpark
Outside ballpark
Inside ballpark
Inside ballpark
Outside ballpark
Outside ballpark
Outside ballpark
End of session party

*Schedule subject to change. Makeup classes will be offered.