

# Boot camp offers outdoors exercise adventure

**Kelsey Hazlewood**

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If Ahwatukee is feeling a little lighter lately, Dawn Franklin may be the woman to thank.

While many people are sleeping soundly at 5:30 in the morning, Franklin is leading a group of women who are trying to tone up and slim down.

This is not a normal exercise program, however. This is Ahwatukee Adventure Boot Camp.

The four-week camp is held outdoors, and participants use park benches and playground equipment to perform cardio and strength training routines. About 30 women flock to the Ahwatukee Community Center near Warner Road and 48th Street nearly every weekday morning to participate.

During each four-week session, there are one-hour workouts five days a week. The cost is \$299, which equals about \$15 a class.

Franklin also offers the option for only attending three days a week. There is also a later class that begins at 9 a.m.

The next camp session begins Nov. 26.

Franklin, a Michigan native, is the camp's leader. She decided to devote her time to helping women after she struggled with her own weight problems in her 20s.

"I fell off the wagon because I'm just not a gym person," she said.

Franklin took her health into her own hands, studying nutrition and exercise, and eventually becoming a nationally certified personal trainer. Franklin's campers are between the ages of 20 and 60, and represent a wide range of skill levels. Some are trying to get rid of weight gained during pregnancy, while others are simply trying to tone their muscles.

No matter the reason for participating, Franklin said her camps have worked for many women. Some use the four-week camp to jumpstart their metabolism and being a new lifestyle, others get hooked.

About 50 percent of her campers have already attended one camp, if not more, Franklin said. But she said newcomers will fit in just fine as well.

"There is no normal day [at camp]," Franklin said. "Everybody has different goals. I tell everyone to work out at your own 100 percent."

The best advice Franklin said she can give to women thinking about starting a new exercise program is to find a workout plan that works, and stick with it.

"No more excuses," she said.

Information: [ahwatukeebootcamp.com](http://ahwatukeebootcamp.com) or (623) 640-2680.

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