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Boot camp gets busy with summer workouts



By: [Rebecca Miller](#)
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Tonya Ransom, owner of BUSY Body Fitness, begins her four-week BUSY Boot Camp series this week at Coolidge Park to help residents get into shape.

"It's a Better Understanding of a Stronger You," said Ransom, a certified personal trainer and Chattanooga police sergeant. "We focus on offering lifestyle changes for people who feel they are too busy to get healthy. As busy as we are we can accomplish more if we are spiritually, physically and emotionally fit."

Ransom said the first week of the program she will host free classes to let participants see that her workout routine is not intimidating. Classes during the first week, as well as the sessions starting May 18, will be held Monday through Friday at 5:30 p.m., followed by a class at 6:30 and Saturdays at 10 a.m. Classes will meet at Outdoor Chattanooga and Tuesday through Friday will be held mostly indoors, while Monday and Saturday classes will focus on outdoor training.

"What we'll do is a lot of team building, a lot of partner drills," Ransom said. "We'll be doing cardiovascular with runs and sprints, strength training, balls and band exercises for core, sandbag relays and obstacle courses."

Prior to joining the Chattanooga Police Department, Ransom spent four years in the Army and said she learned firsthand about boot camp. She said she doesn't agree with all their methods, but hopes to use the healthy and safe exercises in her training.

She said one of the major points of the training will be to break the everyday routine and get the budding athletes outside and in the sunlight.

"I don't want anybody to be intimidated," Ransom said. "We will have a lot of fun."

Ransom said various fitness instructors will act as group leaders for the classes, which she expects will have at most 35 participants. Ransom said if the program is popular eventually her goal will be to buy a building for her business and be able to expand her sessions.

"This is my baby," Ransom said. "This is my dream."

For more information or to register, visit thebusybodybootcamp.com or contact Ransom at 326-1611 or e-mail at info@tonyaransom.com.



Photo by Rebecca Miller

Tonya Ransom, owner of BUSY Body Fitness, will take her home business out into the fields of Coolidge Park to show residents how to be healthier and more active outdoors.

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