



YMCA BOOTCAMP



NEED A WAKE UP CALL?

This full body military style workout is designed to push you to the max!

****This workout is for the intermediate to advanced exercise enthusiast.****

8-Week Member Challenge

Fitness testing at the beginning and end of program.

\$50 member/ \$99 non-member

Session:

Tuesdays and Fridays at 5:30 am

Mondays and Thursday 9:30 am

Tuesdays and Thursdays 6:15 pm

Tuesdays and Thursdays 7:00 pm

Starting the week of September 27th

Ending the week of November 22nd

Minimum of 6 participants registered to have YMCA Bootcamp.



Need more information? Contact Tricia Reynolds, Wellness Director 540-387-9622