

BOOTCAMP

KIRK FAMILY YMCA



**THIS FULL BODY MILITARY STYLE
WORKOUT IS
DESIGNED TO PUSH YOU TO THE
MAX!
WORKOUTS INCLUDE PLYOMETRICS,
RUNNING, STRENGTH
TRAINING AND MUCH MORE.**

This workout is for the intermediate to advanced exercise enthusiast

COST: \$40.00 MEMBER RATE

\$80.00 NON-MEMBER

REGISTRATION DEADLINE

SEPTEMBER 21, 2010

Please fill out registration form and return
to the Membership desk with payment.

INSTRUCTOR: Katie Carroll

**Need more information?
Contact Jenifer Messer,
Wellness Director**

540.342.9622 ext.3312

Jmesser@ymcaroanoke.org

Check us out on the web at www.ymcaroanoke.org

**This six week evening edition of
BOOTCAMP
will be held every Tuesday & Thursday
beginning Tuesday
September 21, 2010 at 5:30PM
and ending Thursday
October 28, 2010.**

**This is a full hour class.....
Come prepared to SWEAT!!**

BOOT CAMP REGISTRATION FORM

Name _____ Age _____ Physical in last 12 months? _____

Phone _____ Email (REQUIRED) _____

Emergency Contact _____ Phone _____

Amount Paid _____ Receipt # _____



YMCA Mission

To put Christian principles into practice through pro-
grams that build a healthy spirit, mind and body for all.