

YMCA BOOTCAMP



WITH KATIE CARROLL

“**OUTDOOR/MORNING** EDITION”



**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.**

\$40 member / \$80 non-member

Tuesdays and Thursdays 5:30 AM - 6:30 AM for 6 weeks!

Starting Tuesday, July 20th - ending August 26th.

REGISTER AT WELCOME DESK!

Minimum of 10 participants registered to have YMCA BOOTCAMP.

Meet in the Kirk Family YMCA lobby!

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.



Need more information? Contact Jenifer Messer, Wellness Director 540.342.9622 ext. 3132

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