

"No Running" Bootcamp

FITNESS BOOTCAMP

6 WEEK FITNESS CAMP

"No Running" Bootcamp is a 6-week beginner program

The focus of the 4 week "Bootcamp" is to improve your strength, conditioning, agility and balance as well as overall fitness. This Bootcamp is for beginners and low impact exercisers. You do not need to be in shape to join, as long as you are serious about getting fit and staying in shape, **YOU WILL BE READY FOR BOOTCAMP**. Bootcamp features nutrition monitoring, muscular strength and endurance, flexibility exercises, cardiovascular conditioning and more!

SESSION: Feb. 1st – Mar. 10th

DAY/TIME: Mondays & Wednesdays

6:00pm-7:15pm

LOCATION: Mary Perry Ragsdale YMCA

COST: Members: \$120

Non-Members: \$180

(Includes a membership for the duration of Bootcamp)

Class Size Limited to 20 Participants!!!!

Childcare Provided!

Bootcamp Sergeants: Christy Richardson, Takeela Reddrick

Price Includes:

- ❖ INITIAL FITNESS ASSESSMENT
- ❖ VITABOT- ONLINE MEAL PLANNING
- ❖ NUTRITION MONITORING
- ❖ WEEKLY WEIGHT LOSS SUPPORT
- ❖ INCREASE IN:
 - Cardiovascular Endurance
 - Muscular strength and endurance
 - Agility
 - Flexibility
- ❖ NEW FRIENDS
- ❖ TEAM WORK
- ❖ YMCA FITNESS CAMP T-SHIRTS



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

Visit our Website: www.ragsdaleymca.org

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