

OUTDOOR BOOTCAMP

OPERATION: Get Fit



Outdoor Bootcamp is an intense cardiovascular and strength training class that will take you to the next level! Our total body workout is designed to reshape your body!



SESSION DATES: June 29th—August 8th

Registration Deadline: June 27th

Early Morning: Monday-Friday
5:30am-6:45am
Mid Morning: Monday-Friday
(Childcare Provided) 9:00am-10:15am
Evening: Monday-Thursday
(Childcare Provided) 6:15pm-7:30pm
Saturday
8am-9:15am

Fitness Evaluations & Welcome Meeting
Saturday, June 27th @ 10am
or
Sunday, June 28th @ 3pm
Please wear loose fitting clothes.



BOOTCAMP SERGEANTS: Takeela Reddrick, Stacy Varvel, Christy Richardson, Marlee Rindal, Corey Dixon, Doris Godette,

Members:

3 Days/Week: \$130
4 Days/Week: \$175
5 Days/Week: \$210

Non-Members:

3 Days/Week: \$210
4 Days/Week: \$280
5 Days/Week: \$330



To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. Website: www.ragsdaleymca.org; Phone #: (336) 882-9622