

OUTDOOR FITNESS BOOTCAMP

Take Your Workout Outside!!!!



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 Date: July 12th—Aug. 21st

Early Morning: Mon/Wed/Fri.
5:30am-6:45am
Mid Morning: Mon/Wed/Fri.
(Childcare Provided) 9:15am-10:30am
Evening: Tuesday/Thursday
(Childcare Provided) 6:15pm-7:30pm
Saturday
8am-9:15am

Saturday, July 10th
Fitness Evaluations 11:00am

or

Sunday, July 11th
Fitness Evaluations 3:00PM
Please wear loose fitting clothes.

Fitness Evaluations will only be conducted on these days!!!!



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

<u>Members:</u>	<u>Non-Members:</u>
3 Days/Week: \$140	3 Days/Week: \$220

Early Bird Special: SIGN UP by June 23rd & receive \$20 off!!

Check Us Out On
FACEBOOK & TWITTER!!!

120years
STRONG
YMCA OF GREENSBORO

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

Phone #: 336-882-9622