

Teen Bootcamp



Speed, Agility, Strength,
Conditioning, and
Plyometrics Training!



Teen Bootcamp also offers “life skills” in fitness and challenges the teens to work in leadership and team situations!

Session 1: June 21st—June 25th

Session 2: Aug. 9th—13th

Monday, Wednesday, Friday

(Must have 8 Teens to run Bootcamp)

8am - 9:15am

****SIGN UP FOR BOTH SESSIONS AND RECEIVE \$30 OFF!! ****

Ages 12-15

Members: \$100

Non-Members:

\$120

(PRICE INCLUDES TRAINING, FITNESS ASSESSMENT,
PRIZES, NUTRITION SEMINAR, T-SHIRTS AND LOTS OF FUN)



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

Visit our website: www.ragsdaleymca.org; Phone Number: 336-882-9622