



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aquatic Bootcamp

Looking to ADD something new to your morning workout?

February 28 – April 5 (6 weeks)

Tuesdays and Thursdays

7:00 am - 8:00 am

\$25 Members

\$40 Potential Members



(Includes access to all Water Fitness Classes during bootcamp dates, Minimum of 5 participants)

This class is designed for participants who are looking for more challenging workouts that involve a mix of lap swimming and deck exercises that will incorporate cardiovascular/respiratory endurance, stamina, strength, power, speed, flexibility, agility, accuracy, balance, and coordination. These total body workouts will combine cardiovascular exercise and resistance/strength training to give you the intensity you desire in EVERY workout!

Ragsdale Family YMCA 900 Bonner Dr. Jamestown, NC 27282
(336) 882 9622 www.ragsdaleymca.org

Office Use Only: FEB12 07AQBOOTCAMP