



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW YEAR NEW YOU BOOT CAMP

JANUARY 16-FEBRUARY 24 CHOOSE FROM:
5:30AM-6:30AM MON, WED, FRI
9:15-10:15AM MON, TUE, THUR
6:00PM-7:00PM MON, WED, THUR
\$125 MEMBERS/ \$160 NON-MEMBERS
\$10 late fee after Jan 20
DROP IN RATE IS \$10 PER CLASS

SIGN UP BETWEEN JAN 1-7 AND GET \$10 OFF OR
SIGN UP WITH A FRIEND BY JAN 10 AND GET \$15 OFF EACH.
MUST BE REGISTERED AND PAID BY JAN 16 TO GET A SHIRT

RAGSDALE FAMILY YMCA
900 BONNER DRIVE
JAMESTOWN, NC 27282
ragsdaleymca.org



Hard work pays off and teamwork makes it easier.
Join us for boot camp to get your New Year
Resolutions jump started. Be prepared to sweat
and work extra hard.

Office purposes only: Jan12 07FIBC5, 07FIBC9, 07FIBC6, 07FIBCDI