

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

BOOT CAMP FITNESS

SESSION 5: JANUARY 11 - FEBRUARY 19

Class Meets:

Monday through Friday

5:30 a.m. - 6:30 a.m.

Limited to the first 20 participants and must be 16 years old

Registration Fee

Members \$45

Program Participants \$90

Instructors:

*Judith Zimmerman,
Family and Consumer Science Education*

*Randi Thyne
YMCA Boot Camp Fitness Specialist*



Class Discription

The focus of this high-intensity six-week total-body conditioning Boot Camp is to improve strength and conditioning, agility and balance, as well as overall fitness. This program will concentrate on strengthening the "core" (abs and lower back) while providing a full-body workout. Core strength is important in all sports and fitness activities.

Questions: Contact Stacy Crase at (620) 275-1199 or email at gckymca.fitness@gmail.com

Boot Camp Fitness Entry Form

Name: _____ DOB: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Parents Signature (if under 18): _____

Office use only: Director Call _____ Staff Initials _____