



BOOTCAMP

At The Y

Summer is on its way, and we will all soon be enduring the constant heat once again! So, let's celebrate the struggle with an endurance training boot camp! Join us for a workshop focused on total body strength, endurance, and cardiovascular endurance training. This bootcamp will cater to each participant's starting point, so each person gets a great workout at their own level. Let's make improvements to our fitness together, one week at a time!

Dates:

July 7th - August 27th

Days:

Tuesdays & Thursdays

Times:

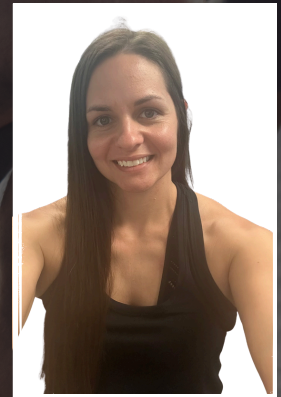
5:30 AM - 6:30 AM

Price:

\$50.00 for Y-Members | \$75.00 for Non-Members

Instructor:

Kristy Harford



REGISTER TODAY!

A MINIMUM OF 10 PARTICIPANTS ARE NEEDED TO HOLD THE SESSION.