

CHASCO FAMILY YMCA

BOOT CAMP

TOTAL BODY TRAINING

Challenge your body in a new way!

Gain strength, build endurance and boost metabolism through the use of bodyweight exercises, strength training and interval training.

MONTHLY SESSIONS

WEDNESDAYS, 8:30am
Nadya/Sports Field

WEDNESDAYS, 6:00pm
Travis/Sports Field

NEW THURSDAYS, 5:30am
Kathy/GYM

SATURDAYS, 9:00am
Travis/Sports Field

See SMALL GROUP TRAINING BROCHURE
for Registration Information

ALL
FITNESS
LEVELS
WELCOME

COME PREPARED
WITH A LARGE WATER
BOTTLE, TOWEL,
SUNSCREEN and MAT.

