



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ATTEN-TION!!

WE WANT YOU FOR Boot Camp!

Join us for this 6 week session of boot camp.

**We'll keep you motivated
with an action packed hour of drills
including cardiovascular conditioning,
agility training, core conditioning and more.**

January 9th thru February 15th

Time: 5:30-6:30 pm

Monday & Wednesday

\$25 YMCA Member

\$45 Program Participant

Register by January 9, 2012

For more information contact

Tyler Johnson at 972-5276