

NORFOLK FAMILY YMCA

EXTREME BOOT CAMP

Are you ready to take your fitness to the next level?

Do you want something different and challenging?

Then EXTREME BOOT CAMP is for you!

2010
SESSION INFO



1st session: 1/4-2/25

Mondays/Wednesdays 5:45am-6:45am

OR

Tuesdays/Thursdays 7:45-8:45pm

2nd session: 3/1-4/22

Mondays/Wednesdays 5:45-6:45AM

OR

Tuesdays/Thursdays 7:45-8:45pm

WHAT IS EXTREME BOOT CAMP?

You'll experience a variety of challenging moves that will strengthen and tone your entire body. In eight weeks you can change your body by using muscle confusion and a whole lot of cardio to slim down and add muscle. If you commit, we'll help you succeed. Expect to sweat..a lot...and come prepared to work hard.

WHAT IS THE COST?

The cost is \$40 for current YMCA members and \$80 for non-members. Everyone will receive pre and post fitness testing including weight, BMI, measurements and body fat testing. All participants get an official YMCA Boot Camp t-shirt. *Plus*-returning Boot Camp participants receive a discount!

WHO IS BOOT CAMP FOR?

Boot camp is great for both men and women who want to push themselves to the next level. If you have weight to lose, a fitness goal to reach or you just want to be held accountable and have some motivation, then this is the class for you, but be prepared to work hard!

HOW DO I REGISTER?

You can stop by the YMCA to register in person or register on-line at www.norfolkymca.org! Class is limited to the first 15-20 people (depending on the session)-so register today!



Questions? Please call or visit the Norfolk Family YMCA
301 W Benjamin Ave. Norfolk, NE 402-371-9770 www.norfolkymca.org