



FUN AND CHALLENGING SUMMER BOOTCAMP

Instructors: Missy Aslett, Caleb Worley & Erika Harr

You choose the instructor's camp. Great for all fitness levels and genders.

Missy: Tuesdays & Thursdays at 6 AM

Caleb: Mondays & Wednesdays at 6 PM

Erika: Wednesdays & Fridays at 9 AM

Caleb: Wednesdays & Fridays at 6 AM



GET FIT OUTSIDE!

Join us for a fun and challenging 6-week outdoor bootcamp. June 1st to July 14th. Locations will be determined by your instructors.

FEE:

6 Week Session/2 Sessions Per Week

\$60 Member / \$90 Non Member

DROP-IN FEE:

\$8 Member/\$15 Non Member



Please register at the Front Desk or online at ymcatf.com

For additional information, contact Jeaneth Glenn at jeaneth@ymcatf.com;

or (208) 733-4384 ext. 105