



# BOOT CAMP

**WORK HARD,  
PLAY HARD**

A high intensity workout that works  
your body from top to bottom

- 5AM M/T/Th/F with Mike & Vickie
- 2PM M/W/F with Glen
- 9AM T/Th with Liz

**Grants Pass Family YMCA**  
1000 Redwood Ave  
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