

# BODY SCULPT BOOT CAMP



**GET IN SHAPE  
BURN CALORIES  
IMPROVE HEART HEALTH  
BECOME STRONGER  
INCREASE FLEXIBILITY  
HAVE FUN WHILE GETTING FIT  
JOIN THIS CLASS AND ENJOY  
WORKING OUT AND REACHING  
YOUR GOALS**



**TUESDAY & THURSDAY  
6:30PM TO 7:30PM  
COLLINS ROOM**

**GRANTS PASS FAMILY YMCA  
1000 REDWOOD AVE  
541-474-0001  
[GRANTSPASSYMCA.ORG](http://GRANTSPASSYMCA.ORG)**

