



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORK HARD, PLAY HARD

BOOT CAMP

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

Monday/Thursday	Mike	5:00am
Tuesday	Vickie	5:00am
Friday	Mike or Vickie	5:00am
Tuesday/Thursday	Liz	9:00am



Grants Pass Family YMCA

1000 Redwood Ave, Grants Pass OR 97527
541-474-0001, www.grantspassymca.org



