



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**

M/T/Th/F	Mike & Vickie	5:00 am
M/W/F	Glen	2 pm
T/Th	Liz	9:00 am



Grants Pass Family YMCA 1000 Redwood Ave, Grants Pass OR, 97527 541474-0001 www.grantspassymca.org

