



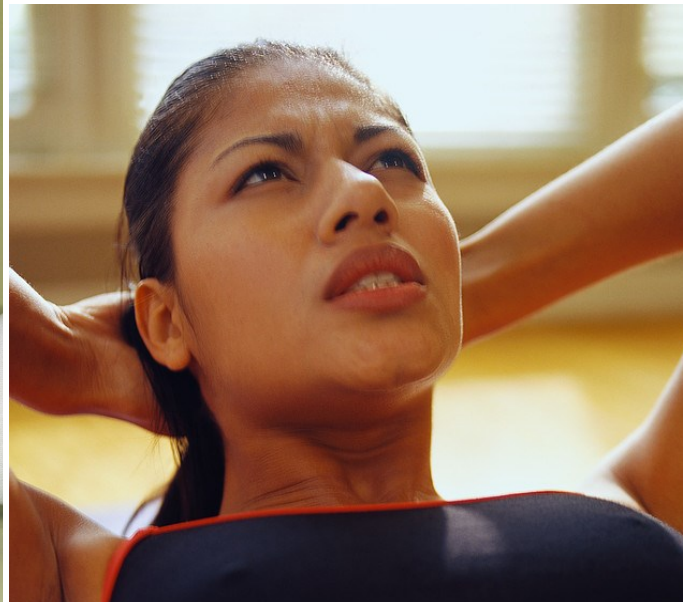
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**WORK HARD
PLAY HARD
BE STRONG**

Boot Camp

A high intensity workout

Monday/Thursday	Mike	5:00am
Tuesday	Vickie	5:00am
Friday	Pat	5:00am
Tuesday/Thursday	Liz	9:00am
Monday	Jaimie	12:00 pm
Wednesday	Jaime	7:00pm



Grants Pass Family YMCA

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

