

## YMCA Boot Camp Calendar

<b>Camp</b>	<b>Trainer</b>	<b>Cost</b>	<b>Location</b>	<b>Time</b>
<b>Boot Camp YMCA Style</b> Cardio and Strength Camp For beginners or advanced	Brenda	\$60	Bell Road YMCA	Feb 23-March 20 Mon/ Wed/ Fri 5:30am-6:30am
<b>Get Ready for Summer Camp</b> Fat burning conditioning camp To gear up for the summer season	Tonya	\$60	Bell Road YMCA	March 30-April 24 Mon/Wed/Fri 5:45am-6:45am
<b>Super Set for Summer Camp</b> Focused strength training to Target specific areas to compliment The get ready for summer camp	Wendy	\$60	Bell Road YMCA	March 31-April23 Tues/Thurs 5:45-6:45am
<b>Boxing Boot Camp</b> Boxer style workout Utilizing heavy bag work For the ultimate workout	Wendy	\$60	Bell Road YMCA	March 30-April 24 Mon/Wed/Fri 12pm
<b>Y's Up at Hampstead Boot Camp</b> Camp held outside on the beautiful Grounds of the YMCA's newest Y's Up Center focusing on a total body workout	Shea,Tonya, Alexis	\$60	Y's Up at Hampstead	April 6- May 1 Mon/ Wed/ Fri 5:45pm-6:45pm