



# BOOT CAMP

Boot Camp is an energetic, high intensity 60-minute workout that is always changing! We focus on cardio and strengthening exercises such as running, burpees, pushups and many more. Whatever workout your instructor has planned, each will have a different method and you will be guaranteed a great workout. Expect some soreness after the workout, but rest assured, it will be the soreness that makes you feel like a champ!

## JANUARY SCHEDULE

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
10:15am— Dan	5:45am— Maddie	5:45am— Dan	5:45am— Laurie	5:45am— Kristina	5:45am— Laurie/ Maddie	9:00am— Kaitlyn
—	5:30pm— Kristina	5:30pm— Maddie	5:30pm— Kristina	5:30pm— Maddie	—	—

\*Schedule and trainer subject to change. Please check website and social media for any changes/cancellations.

**Monthly Pricing:**  
Members \$50 | Non-Members \$70

**Questions:**  
Contact Cathy - [cathy.erness@scymca.org](mailto:cathy.erness@scymca.org)

**Register:**  
[www.scymca.org](http://www.scymca.org) | (320) 253-2664 | 2001 Stockinger Drive

