



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER BOOT CAMP



# UNLIMITED CLASSES

**June 3 – August 23** (no classes July 1 – 5)

## MONDAY

5:45 – 6:45 a.m.:  
Trainer: Maddie

Noon – 12:45 p.m.  
Trainer: Maddie

5:30 – 6:30 p.m.:  
Trainer: Kristina

## TUESDAY

5:45 – 6:45 a.m.:  
Trainer: Kaitlyn

5:30 – 6:30 p.m.:  
Trainer: Dan

## WEDNESDAY

5:45 – 6:45 a.m.:  
Trainer: Laurie

Noon – 12:45 p.m.  
Trainer: Dan

5:30 – 6:30 p.m.:  
Trainer: Kristina

## THURSDAY

5:45 – 6:45 a.m.:  
Trainer: Kristina

5:30 – 6:30 p.m.:  
Trainer: Maddie

## FRIDAY

5:45 – 6:45 a.m.:  
Trainer: Kaitlyn

Classes may be indoor or outdoor, weather permitting. Please plan accordingly.

### Attendance Challenge

- Your name will be added to a drawing for each class you attend. Prize drawings twice a month!

### Building Block Challenge

- We'll do a Baseline Assessment your first week of Boot Camp, and then again the last week to see your progress!

**\$100 Members, \$120 Non-Members**

**REFER A FRIEND to get 50% OFF!**

**MUST SIGN UP AT SAME TIME AT DESK**