



BOOTCAMP

March 1 - 31

MARCH MADNESS BOOTCAMP

Are you ready to RUMBLE?

Get your March Madness bracket filled out with a little muscle and sweat. Team up with YMCA boot campers for a 4-week fitness challenge and compete alongside your favorite NCAA basketball teams. As a team complete the challenge to beat your opposing team to move forward in the bracket.

Monday	Tuesday	Wednesday	Thursday	Friday
5:45 a.m. Maddie	5:45 a.m. Dan	5:45 a.m. Maddie	5:45 a.m. Kristina	5:45 a.m. Laurie
9 a.m. Maddie		9 a.m. Dan		
12 Noon Maddie		12 Noon Dan		12 Noon Maddie
5:30 p.m. Kristina	5:30 p.m. Kristina/Cathy	5:30 p.m. Kristina	5:30 p.m. Maddie	

COST: MEMBER - \$50
NON-MEMBER - \$70

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

Questions: contact Cathy Elness- cathy.elness@scymca.org or Kim Johnson- kim.johnson@scymca.org