

ROCHESTER AREA FAMILY Y BOOT CAMP

**STARTING JUNE 15TH FOR SIX WEEKS
MONDAY, WEDNESDAY, FRIDAY**

6:00AM-7:15AM

\$50 FOR MEMBERS \$75.00 NON MEMBERS

ALL SHAPES, SIZES, & ABILITIES ARE WELCOME

BOOT CAMP WORKOUTS

PLYOMETRICS

SPORTS DRILLS

STRENGTH WORK

PILATES

YOGA

INTERVAL TRAINING

INSIDE & OUTSIDE WORKOUTS

***BOOT CAMP EXTRAS WILL INCLUDE:**

- **PRE & POST FITNESS EVALUATIONS**
- **BOOT CAMP T-SHIRT**
- **JOURNAL**
- **GROUP NUTRITIONAL CONSULT**
- **BODY FAT TESTING (OPTIONAL)**

EVENING BOOT CAMP IS OFFERED

FREE THURSDAY NIGHTS 6:30PM-7:25PM

***FOR THOSE PARTICIPATING IN THE FREE CLASS
THAT WOULD LIKE TO GET THE BOOT CAMP
EXTRAS IT IS AN ADDITIONAL \$35.00**



YOU ARE HERE BY ORDERED TO:
LOSE INCHES
TRIM, TONE, TIGHTEN
REDUCE BODY FAT
BOOST SELF-CONFIDENCE
INCREASE STRENGTH & ENDURANCE

Y BOOT CAMP IS TAUGHT BY
MAUREEN FORBROOK
A BOARD CERTIFIED ATHLETIC TRAINER

REGISTER ONLINE AT
WWW.ROCHFAMY.ORG
OR AT THE Y WELCOME CENTER 507-287-2260

