



Mission Valley YMCA • 5505 Friars Road • 619-298-3576

**NO TIME WASTED AND NO MUSCLE
UNTOUCHED . . .**



OUTDOOR BOOTCAMP

WITH LEONARD AND JASON

**INCREASE YOUR STRENGTH AND ENDURANCE WHILE
IMPROVING YOUR CARDIOVASCULAR FITNESS IN THIS HIGH
INTENSITY OUTDOOR TOTAL BODY WORKOUT.**

BOOTCAMP WITH LEONARD: **OCTOBER 26 - NOVEMBER 16**
MEET IN THE SOCCER FIELD. **MONDAYS & WEDNESDAYS**
6:30 A.M. - 7:30 A.M.

BOOTCAMP WITH JASON: **OCTOBER 27 - NOVEMBER 17**
MEET IN THE SOCCER FIELD. **TUESDAYS & THURSDAYS**
6:30 A.M. - 7:30 A.M.

BOOTCAMP CHALLENGE: **THURSDAY, NOVEMBER 19**
6:30 A.M. - 7:30 A.M.

PRICE PER 4-WEEK SESSION: (MEMBER).....\$48

SIGN UP AT THE MEMBER SERVICE DESK.

FOR MORE INFORMATION, CALL 619-298-3576, EXT. 1285