



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOOT CAMP

w/ Robin

Mondays & Wednesdays
9:30 - 10:30 am
IN THE COURTYARD



Get ready to sweat and have fun!

This is an interval style class with stations that will challenge your strength and endurance.

We use all the FUNctional courtyard equipment...

* battle ropes * flipping tires * medicine balls *
squat racks * sleds * heavy bag * + more!