



North Orange County Family YMCA

*We build strong kids,
strong families,
strong communities.*

GET DOWN AND GIVE ME TWENTY!

**JOIN YMCA BOOT CAMP for OUTDOOR TRAINING
get in the BEST SHAPE of YOUR LIFE!**

BOOT CAMP

WHEN: MONDAY, WEDNESDAY, FRIDAY

TIME: 6:00-7:00 AM

WHERE: NOC YMCA SOCCER ARENA

COST: \$50/5 SESSIONS

\$95/10 SESSIONS

\$180/20 SESSIONS

SIGN UP TODAY

contact MEGGAN BRUNETTE

714 879 9622 EXT 112

**CARDIOVASCULAR
PLYOMETRIC
WEIGHT RESISTANCE**

**BUILD STRENGTH
ENDURANCE
ENERGY &
MOTIVATION**