

B-FIT

BOOTCAMP



6 WEEK B-FIT BOOTCAMP

MAY 19-JUNE 30

BASIC TRAINING KICK-OFF

**WORKOUT & NUTRITION PLAN
SATURDAY, MAY 19 8:00AM**

*Beginner progressive workouts offered

REGISTRATION: MAY 14-19 FEE: \$5

Stick to the Plan to Enter a Drawing
Winners will Split the Fees Collected!

BOOTCAMP WORKOUTS

Monday, Wednesday, &
Thursday 5:15am
Saturday 8:00am

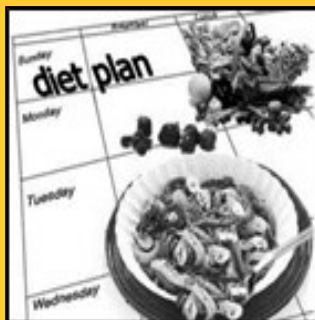
WEEKLY BASIC TRAINING SUPPORT

Weigh-In, Body Fat Test,
Nutrition Challenge
Saturdays 9:00AM

FACEBOOK GROUP SUPPORT

REMEMBER:

**ABS ARE MADE IN THE
GYM BUT REVEALED
IN THE KITCHEN!**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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