



TEEN

# BOOT CAMP

FOR ALL FITNESS LEVELS

- Ages 10-14 years
- **FREE** for members (nonmembers \$35/mo.)
- Tuesdays/Thursdays 4:15-5:00 PM
- With Personal Trainer Mari Fernandez
- Cardio Conditioning, Weight Room & Circuit Training
- Register at the Y front desk. Space is limited.



MORE INFO



[ardmorefamilyymca.org](http://ardmorefamilyymca.org)  
or call 580-223-3990



**ARDMORE FAMILY YMCA**

