



YOUTH BOOTCAMP

FORM FUNCTION FUN
AGES 7-15

This bootcamp will consist of weight training, circuit training, HIIT style workouts and the occasional game to be played. The class can accommodate all fitness levels, making sure to challenge each kid at their own pace/comfort level while keeping them fit and active during the summer.



Want to sign up?

Registration closes June 9th!

Contact:

Cortnee McReynolds

608-365-2261



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www.statelineymca.org/youthwellness

June 10 – August 26

Saturdays @ 10:00am

Members

\$150

Community

\$165



Ironworks Life Center
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