

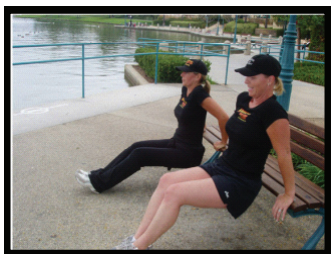
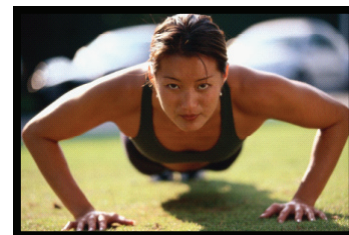
YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

YMCA Fitness Bootcamp

Are you ready to push the limits and reap the rewards?

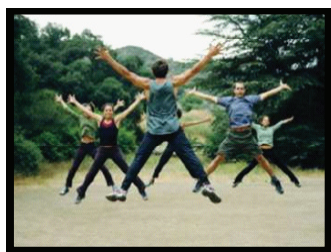
Our new mega-burning boot camp is a culmination of all the important ingredients required to see both improvements in strength, weight loss, muscle tone and overall conditioning. Specially designed to challenge everyone, regardless of fitness level.



**Tuesday/Thursday
6:00 - 7:00 am**

Instructor: Andrea

**Fee: Free to Members
\$50 Community Members**



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Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

(541) 440-YMCA (9622)

www.ymcaofdouglascounty.org