



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Healthy Living

#7258

## Elite Force (bootcamp)

### ARE YOU READY TO WORKOUT...?

This high energy workout changes every night, but one thing you're guaranteed is a killer workout! No matter what your current condition, you'll be challenged to take it to the next level through cardio drills, strength training, obstacle courses and other surprises!



Days: Tuesday/Thursday

Time: 6:40 - 7:40 pm

Instructor: Ron/Jamie

Location: Aerobic Studio

Fee: Free to Members/

For more information,  
call Michelle Horn,  
Healthy Lifestyles Associate  
(541)440-9622 ext. 210

**Central Douglas County Family YMCA**

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(541) 440-9622 [www.ymcaofdouglascounty.org](http://www.ymcaofdouglascounty.org)