



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORK TOWARDS YOUR HEALTH GOALS

Results Boot Camp GYM

DESCRIPTION

Results Boot Camp is led by a YMCA coach that will help you establish and work towards goals for your health and well-being. First and foremost it is an exercise program that emphasizes movement in a supported group environment. Through fast paced, interval style training, members are motivated to excel beyond their current level of fitness.

PROGRAM DETAILS

When: January 9 - February 8
Mon & Wed 7:00 am - 8:00 am

Costs: \$72FM / \$114 PM

REGISTER NOW

Register online at daleturnerymca.org, or in house at the Member Service Desk in the lobby.

For more information please contact
Sean Klever at sklever@seattleyymca.org
or call 206 569 7007

