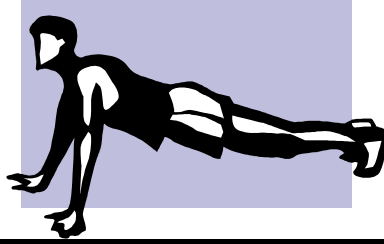


The Stonestown Family YMCA
presents



CustomFit Boot Camp

NEW DAYS & TIMES AVAILABLE!

Open to all YMCA members.

This intense **plyometric strength training class** focuses on *advanced abdominal, lower and upper body exercises.*
Lots of props... various outdoor locations!

Ruel and Nick, two of our YMCA Personal Trainers, will team-teach the class.

CustomFit Boot Camp Fees

Fee ranges from \$12 to \$15 per class, with a minimum of 3 classes.

3 sessions = \$45

6 sessions = \$84

9 sessions = \$117

12 sessions = \$144

For more information, contact Nick:

phone: 415-694-9480

e-mail: ncerone@gmail.com



*We build strong kids, strong families,
strong communities.*