

R.E.D. BOOT CAMP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REMEMBER
R
EVERYONE
E
DEPLOYED
D

*MAKES A GREAT GIFT FOR THE
MILITARY PERSONNEL IN YOUR
LIFE! ONE T-SHIRT = ONE YEAR
OF CLASSES!*

R.E.D. BOOTCAMP

Class will consist of a **Meditative Moment**, followed by a **Circuit-Based Workout** (with many modification options available), and capped off with a **THANK YOU** to everyone who has or is serving our country.

WHEN: 1st Wednesday of every month from 6:00pm to 7:00pm
Every Friday from 12:00pm-12:45pm

WHO: **ANYONE** in the community can participate! Vets, Active Military, Police, Fire, EMT, and all public service personnel are especially honored to join us! We encourage all nonmembers to wear R.E.D. t-shirts as their pass to class.

R.E.D. t-shirts are available to all supporters to purchase in the lobby for \$20. T-shirt proceeds help to lower the cost of YMCA memberships for veterans and their families. Participate in the R.E.D. program, support a great cause, and improve your fitness!

Sponsored by:

