



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

BOOT CAMP SCHEDULE

M/W/F @ 5:30 AM (usually outdoors on Fridays)

T/Th @ 6:00 PM (usually outdoors on Tuesdays)

Saturdays @ 7:30 AM (usually meet off-site)



All Levels of Fitness Welcome!

Week of...	Monday 5:30-6:30 AM	Tuesday 6:00-7:00 PM	Wednesday 5:30-6:30 AM	Thursday 6:00-7:00 PM	Friday 5:30-6:30 AM	Saturday 7:30-8:30 AM
Jan. 07 th	Tour de Y Kym, Jack & Jeffrey Gym	Nearby the Y Jack & Jeffrey Track & Outdoors	Form Check & New Century Kym, Jack & Jeffrey Gym	Captain's Circuit Jack & Jeffrey Track	Pill Hill Jack & Jeffrey Gym & Outdoors	Crown Beach, Alameda Jack & Jeffrey Otis @ Westline
Jan. 14 th	Heavy Stuff Kym, Jack & Jeffrey Gym	Veterans' Auditorium Jack & Jeffrey Track & Outdoors	Kymboxing Kym, Jack & Jeffrey Gym	Mission Impossible Jack & Jeffrey Track	Civic Center Jack & Jeffrey 1111 Broadway	USS Hornet Jack & Jeffrey USS Hornet Museum
Jan. 21 st	Intensity Jack & Jeffrey Gym	Champions for Humanity (Sculpture Park) Jack & Jeffrey Track & Outdoors	New Mission Impossible Jack & Jeffrey Gym	K-bell Tabata Jack & Jeffrey Track	Jack London Square Jack & Jeffrey Ferry Bldg. @ end of Clay St.	Joaquin Miller/ Woodminster Jack & Jeffrey Near Pond on Joaquin Miller
Jan. 28 th	Weight Weight (Don't Tell Me) Kym, Jack & Jeffrey Gym	Glen Oak Park Jack & Jeffrey Track & Outdoors	G.O.G. Tabata Kym, Jack & Jeffrey Gym	Intensity Jack & Jeffrey Track	Emeryville W. Frontage Rd Jack & Jeffrey NW of Powell	Cal Campus Jack & Jeffrey Cal Crescent
Feb. 04 th	Team X-Fit Kym, Jack & Jeffrey Gym	Ruckin' It Jack & Jeffrey Track & Outdoors	H.I.I.T It! Kym, Jack & Jeffrey Gym	X-Fit Jack & Jeffrey Track	Oakland Public Library Jack & Jeffrey 125 14th St.	Montclair Park Jack & Jeffrey Moraga side
Feb. 11 th	Abs & Legs Kym, Jack & Jeffrey Gym	Duck Feed Jack & Jeffrey Track & Outdoors	Partners Kym, Jack & Jeffrey Gym	Partners Jack & Jeffrey Track & Outdoors	Oakland Rose Garden Jack & Jeffrey Grand Ave. @ Jean St.	Lake Temescal Jack & Jeffrey N. Entrance off Broadway

WHAT'S BOOT CAMP ALL ABOUT?

Boot camp offers challenging workouts that combine cardio, strength, and agility exercises in a welcoming and supportive group environment. You can join in for boot camp fun anytime during the session. We usually go outdoors on Tuesdays, Fridays, and Saturdays. If there is inclement weather, call the front desk at 510-451-9622, but outdoor workouts often happen rain or shine. For more information, send an email to Sgt. Jack at jholleman@ymcaeastbay.org or Lt. Kym at ksterner@ymcaeastbay.org.