



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
Feb. 25 th	But Did You Die? Kym, Jack & Jeffry Gym	Nearby the Y Jack & Jeffry Track & Outdoors	Kymboxing Kym, Jack & Jeffry Gym	Heavy Stuff Jack & Jeffry Track	Veterans' Auditorium Jack & Jeffry Gym & Outdoors	Albany Bulb Jack & Jeffry At the end of Buchanan St.
Mar. 4 th	5-4-3-2-1 Kym, Jack & Jeffry Gym	Westlake School Jack & Jeffry Track & Outdoors	Jackercise Kym, Jack & Jeffry Gym	How 'bout a Tabata Jack & Jeffry Track	Bands on the Run Jack & Jeffry Gym & Outdoors	Joaquin Miller/Woodminster Jack & Jeffry Near Pond on Joaquin Miller
Mar. 11 th	Leg Day/Plyometrics Jack & Jeffry Gym	Asphalt Jungle Jack & Jeffry Track & Outdoors	Captain's Circuit Jack & Jeffry Gym	Time for Recess Jack & Jeffry Track	Jack London Square Jack & Jeffry Ferry Bldg. @ end of Clay St.	Planetarium Redwood Bowl Jack & Jeffry Chabot Science Center
Mar. 18 th	Intervals Kym, Jack & Jeffry Gym	Station to Station Jack & Jeffry Track & Outdoors	Steppin' Out Kym, Jack & Jeffry Gym	Plyometrics Jack & Jeffry Track	Ruckin' It Jack & Jeffry Gym & Outdoors	Rosie the Riveter Jack & Jeffry Marina Park in Richmond
Mar. 25 th	Pyramids/Add one On Kym, Jack & Jeffry Gym	Pill Hill Jack & Jeffry Track & Outdoors	Music Trivia Kym, Jack & Jeffry Gym	X-Fit Jack & Jeffry Track	Nearby the Y Jack & Jeffry Gym & Outdoors	Mills College Jack & Jeffry Visitors' Parking Lot
Apr. 1 st	Toy Story Kym, Jack & Jeffry Gym	Duck Feed Jack & Jeffry Track & Outdoors	Combat Ready (or Not!?) Kym, Jack & Jeffry Gym	Mission Impossible Jack & Jeffry Track & Outdoors	Obstacle Course Jack & Jeffry Gym	Piedmont Park Jack & Jeffry @ Highland & Magnolia

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 hollleman@ymcaeastbay.org or Lt. Kym at ksterner@ymcaeastbay.org.