

WHAT IS BOOT CAMP?

WE ARE YMCA MEMBERS WHO MEET FOR CHALLENGING YET FUN GROUP WORKOUTS SIX DAYS A WEEK. See schedule. These workouts are free to YMCA members and are located at the YMCA and off site.

HOW CAN I GET INVOLVED?

FOR MORE INFORMATION, PLEASE CONTACT:
Kym Sterner: ksterner@ymcaeastbay.org
Jack Holleman: jholleman@ymcaeastbay.org



WHAT BOOT CAMPERS HAVE TO SAY:



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I was never someone who would sign up for something at 7:30am on a Saturday, but **now I look forward to my Saturday morning routine of fresh air, exercise, and camaraderie of my fellow Boot Campers.**

Jessica M.

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I didn't grow up an athlete, but I'm proud to be growing into one. Working out with Boot Camp has challenged me in so many ways and I'm feeling the physical benefits - strength, endurance, energy.

Laura P.

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Boot Camp workouts push me harder than I've ever worked out before. **I'm getting in the best shape of my life and I'm having fun being part of an authentic community.**

Ben C.

BOOT CAMP

OAKLAND Y



BOOT CAMP SCHEDULE

TIMES:

M/W/F at 5:30 a.m. (usually outdoors on Friday)

T/Th at 6:00 p.m. (usually outdoors on Tuesday)

Saturdays at 7:30 a.m. (usually meet offsite)

INSTRUCTORS:

M/W: Jack, Jeffry, & Kym

T/Th/S: Jack, Jeffry, & Juliana

Fridays: Jack & Jeffry

WEEK OF	MONDAY 5:30–6:30 a.m.	TUESDAY 6:00–7:00 p.m.	WEDNESDAY 5:30–6:30 a.m.	THURSDAY 6:00–7:00 p.m.	FRIDAY 5:30–6:30 a.m.	SATURDAY 7:30–8:30 a.m.
June 3	Welcome & Form Check Location: Gym	Station to Station Location: Track & Outdoors	Mission Impossible Location: Gym	3x10 Location: Track	Laney College Meet at: Lake Merritt BART Station	Merritt College Meet at: Parking lot by Merritt College's athletic fields
June 10	Shred Ready Location: Gym	Nearby the Y Location: Track & Outdoors	Jackercise Location: Gym	Shred Ready Location: Track	Jack London Square Meet at: Ferry building at the end of Clay Street	Piedmont Park Meet at: Highland Avenue and Magnolia Avenue
June 17	Combat Ready or Not Location: Gym	Sculpture Park Location: Track & Outdoors	Lieutenant's Loop Location: Gym	MIZ Location: Track	Chinatown Meet at: Madison Park between 8th and 9th streets	Redwood Regional Park Meet at: Redwood Gate, Wayside parking lot
June 24	Game Day/ Recess Location: Gym	Asphalt Jungle Location: Track & Outdoors	Captain's Circuit Location: Gym	Captain's Circuit Location: Track	Veteran's Memorial Location: Gym & Outdoors	Jack London Square Meet at: Ferry Building at the end of Clay Street