

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



WHAT BOOT CAMPERS HAVE TO SAY:



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.

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.

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.
Sept 9	Football Drills Location: Gym	Out and Back Location: Track	Fitness Testing Location: Gym	Fitness Testing Location: Track	Nearby the Y Location: Gym & Outdoors	Lake Temescal Meet at N. Entrance off Broadway
Sept 16	Tough Mudder Location: Gym	Pill Hill Location: Track	Weight, Weight – Don't Tell Me Location: Gym	Tough Mudder Location: Track	Asphalt Jungle Location: Gym & Outdoors	Oakland Rose Garden Meet at Grand Ave at Jean St
Sept 23	Plyometrics Location: Gym	Nearby the Y Location: Track	Core and More Location: Gym	Partners Location: Track	Chevy's Meet at I-80 Frontage Road NW of Powell	Dimond Park Meet at Fruitvale Ave side
Sept 30	Kym Boxing Location: Gym	Asphalt Jungle Location: Track	Tougher Mudder Location: Gym	Tougher Mudder Location: Track	YOGAHHH Location: Gym	Crown Beach Meet at Otis west of Westline
Oct 7	Partners Location: Gym	Oak Glen Park Location: Track	Music Trivia Location: Gym	Football Drills Location: Track	Emeryville Public Market Meet at Shellmound St. Parking Lot	Claremont Canyon Meet at Near top of Dwight Way
Oct 14	Combat Ready Location: Gym	Band on the Run Location: Track	Intervals Location: Gym	Legs on Fire Location: Track	Oakland Rose Garden Meet at Grand Ave at Jean St	Montclair Park Meet at Moraga Ave near Pedestrian Bridge