

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 & are located at the Y and offsite.**



HOW CAN I LEARN MORE?

Come to a workout on the schedule or contact Kym Sterner at ksterner@ymcaeastbay.org



Boot Camp leadership from left to right:
Capt. Jeffry, Coach JG, Lt. Kym & Sgt. Jack

JOIN
BOOT CAMP
TODAY!



DANIEL V: Boot Camp offers a safe space to come in and find your personal level of fitness, surrounded by a diverse group of people who will encourage, motivate, and support you in setting and reaching your life goals.

TOM L: Besides helping me to stay in shape, the Boot Camp community is a family that has enhanced my life in ways that I hadn't foreseen when I first joined. One of the best decisions I've made was to join this great group.

DAVI M-A: Boot Camp isn't just a workout group, it is a family, a community, a social network, where we workout, hike, travel together, help each other, support one another, and make lifelong connections.

SHARON L: At Boot Camp I love meeting people just like me, but I really love meeting people who are nothing like me!

BOOT CAMP



BOOT CAMP SCHEDULE

TIMES & LOCATIONS:

**MONDAY, WEDNESDAY,
& FRIDAY • 5:30 AM**

Usually outdoors on Fridays

TUESDAY, THURSDAY • 6 PM

Usually outdoors on Tuesday

SATURDAY • 7:30 AM

Usually meet offsite

INSTRUCTORS:

MONDAY, WEDNESDAY

Jack, Jeffry, & Kym

**TUESDAY, THURSDAY,
& SATURDAY**

Jack, Jeffry, & Juliana

FRIDAY

Jack & Jeffry

WEEK:	MONDAY Meet in gym 5:30am	TUESDAY Meet on track 6pm	WEDNESDAY Meet in gym 5:30am	THURSDAY Meet on track 6pm	FRIDAY Meeting varies 5:30am	SATURDAY Meet offsite 7:30am
FEB. 23	TOUR DE Y	NEARBY THE Y	40-30-20-10	GARAGE CLIMB	CLEVELAND CASCADES Meet at the Lake Merritt Columns	MILLS COLLEGE Meet at Visitor's Parking Lot
MARCH 1	3-2-1!	BAND ON THE RUN	WORK FROM DOWN UNDER	CAPTAIN'S CIRCUIT	BAND ON THE RUN Meet in gym, going outdoors	JACK LONDON Meet at Clay St & Embarcadero
MARCH 8	LEGS ON FIRE	LAKE CHALET	GLUTE THERAPY	PARTNERS	PIEDMONT AVE TREK Meet at Kaiser at MacArthur	STREAM TRAIL Meet at Wayside Parking Lot
MARCH 15	UPPER/LOWER	PILL HILL	INTERVALS	JEFFRY'S SPECIAL	SIDEWALK CIRCUIT Meet in gym, going outdoors	CLEVELAND CASCADES Meet at the Lake Merritt Columns
MARCH 22	WEIGHT WEIGHT	SCULPTURE PARK	KYMBOXING	TIME FOR RECESS	PILL HILL Meet in gym, going outdoors	DIMOND PARK Meet at Fruitvale Ave side
MARCH 29	QUADZILLA (OLD SCHOOL)	DUCK FEED	TRI-BATA	SIDEWALK CIRCUIT	BI-FUN Start at 5 a.m. Meet in Cycling Studio or 3rd floor cardio room	ROSIE THE RIVETER Meet at Marina Park Coffee/Breakfast at Sgt. Jack's & Ellen's

Off-site locations are hyperlinked online at ymcaeastbay.org/oakland