



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORK OFF THE EXTRA ENERGY

KID'S BOOT CAMP WINONA FAMILY YMCA



Give the kids something fun and challenging to burn off the extra energy this November! Kids Boot Camp is a high energy fun filled exercise class for kids that increases health and fitness in a fun, safe, positive and motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, and simple cardio drills.

DATE:	Nov. 13 – Dec. 18
TIME:	Wednesdays from 4:30 – 5 p.m.
AGE:	5–12 years old
LOCATION:	YMCA Community Room
COST:	Member \$25 & Non-Member \$35.

Sign up online or at the front desk!