

A.M. ATTACK



TUESDAYS & THURSDAYS

7:00-8:00AM

July 6th-August 12th

STONEY CREEK YMCA

This is a *6-week* "boot camp" type class that incorporates high intensity cardio and strength drills similar to those done in military workouts. Participants will have 12 sessions of outdoor and indoor exercises that are designed to challenge you physically and mentally.

POSITIVE ATTITUDE AND PUNCTUALITY REQUIRED!



YMCA OF GREENSBORO

Cost = \$40.00 member rate

(That's about \$3.00 per session!! What a deal!)

\$60.00 non-member rate