



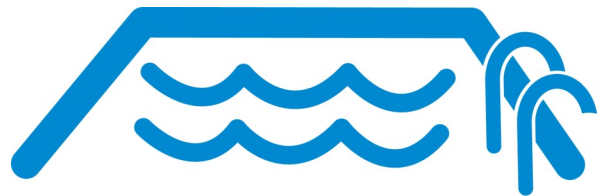
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO FITNESS

Aquatic Boot Camp REIDSVILLE YMCA POOL

Get the workout done early in the morning during our Aquatic Boot Camp with Tommy. The pool provides you with a low impact, high energy workout to strengthen and tone your entire body. Achieve your fitness goals with a trip to the pool for our Aquatic Boot Camp!

- YMCA Members: \$25
- Potential Members: \$30
- DROP IN RATE: \$5 per class



WHEN: February 27th - March 22nd
TIME: Wednesdays & Fridays 5:00AM-6:00AM
LOCATION: REIDSVILLE YMCA POOL
www.reidsvilleyymca.org