

Summer Boot Camp

SCHEDULE

RITE-HITE FAMILY YMCA



July 1—October 31

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:15-6:00	Y Cycle Boot Camp	Cycling Studio	Shanda
6:05-6:50	Y Basic Training	SG Studio	Jamel
7:15-8:00	Outdoor Boot Camp	River Barn Park	Boot Camp Crew
8:45-9:30	Outdoor Boot Camp	River Barn Park	Boot Camp Crew
10:15-11:00	Senior Boot Camp	SG Studio	Andria
PM			
4:30-5:15	Y Functional Fit Camp	Studio 7	Gwen
5:45-6:30	Outdoor Boot Camp	River Barn Park	Boot Camp Crew

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:15	Y Functional Fit Camp	SG Studio	Shanda
7:00-7:45	Outdoor Boot Camp	River Barn Park	Boot Camp Crew
PM			
5:45-6:30	Outdoor Boot Camp	River Barn Park	Boot Camp Crew

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:15-6:00	Y Cycle Boot Camp	Cycling Studio	Ebony
6:05-6:50	Y-Basic Training	SG Studio	Jamel
7:15-8:00	Outdoor Boot Camp	River Barn Park	Boot Camp Crew
8:45-9:30	Outdoor Boot Camp	River Barn Park	Boot Camp Crew
10:15-11:00	Senior Boot Camp	SG Studio	Andria
PM			
4:30-5:15	Y Functional Fit Camp	Studio 7	Gwen
5:45-6:30	Outdoor Boot Camp	River Barn Park	Boot Camp Crew

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:15	Y Functional Fit Camp	SG Studio	Shanda

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:15	Combat Camp	SG Studio	Shanda
7:15-8:00	Outdoor Boot Camp	River Barn Park	Boot Camp Crew
8:45-9:30	Outdoor Boot Camp	River Barn Park	Boot Camp Crew
10:15-11:00	Senior Boot Camp	SG Studio	Andria

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
7:30-8:15	Outdoor Boot Camp	River Barn Park	Kou
9:00-9:45	Outdoor Boot Camp	River Barn Park	Kou

Questions: Contact Andria Hall at ahall@ymcamke.org

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