

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## BOOT CAMP FITNESS

**Session:** Feb. 5-March 11

**Class Time:** Tuesdays/Thursdays: 5:30 a.m.—6:30 a.m.  
**\*Limited to the first 20 participants**

**Fee:**

Students	\$25
Members	\$25
Non-Members	\$50



**Class Description:** The focus of this high-intensity **six-week total-body conditioning Boot Camp** is to improve strength and conditioning, agility and balance, as well as overall fitness. This program will concentrate on strengthening the "core" (abs and lower back) while providing a full-body workout. Core strength is important in all sports and fitness activities.

**Instructor:** Shane Burns, B.S. Health and Physical Education

**Questions:** Contact Fitness Director Stacy Crase at (620) 275-1199 or via email at [gckymca.fitness@gmail.com](mailto:gckymca.fitness@gmail.com).

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### Boot Camp Fitness Entry form

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parents Signature ( if under 18) \_\_\_\_\_

Office use only: Director Call \_\_\_\_\_ Staff Initials \_\_\_\_\_

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