

# Newport County YMCA Boot Camp



Quite simply, Newport County YMCA Boot Camp is the toughest workout you'll ever love! Our Personal Trainers motivate but don't intimidate. We help you succeed, in ways you couldn't succeed on your own. Each day brings fresh, creative exercises that help build a solid fitness foundation while enjoying a positive, social environment.

## Workouts:

- Heart-pumping cardio drills increase speed and endurance
- Full-body muscle conditioning tones and tightens
- Group relay races help motivate each other
- Killer calisthenics for functional movements
- Sports specific drills
- Obstacle courses for fun and agility

Members: \$20 per 1 hour session

Nonmembers: \$25 per 1 hour session



# **YPERSONAL TRAINING™**

We build strong kids, strong families, strong communities.

Contact Dawn Gardner, Member Relations & Wellness Director for more information 401.847.9200 ext. 132 or [dawng@newportymca.org](mailto:dawng@newportymca.org)