



# Body Boot Camp and Adapted Body Boot Camp



**Tuesday's starting  
January 7, 2020**

**Adapted Body Boot Camp - 8:35 to 9:35 am**

**Body Boot Camp - 1:30 to 2:30 pm**

**Cost: \$12.00 (12 weeks)**

Body Boot Camp is a high intensity full body workout that focuses on core stability, muscle strengthening, balance, flexibility and meditation. Whether regular or adapted, this head to toe workout is the next step up for anyone aiming to increase their fitness level.

**Register at the front desk (membership required)**

**Stay Active**

1901 Weston Rd. Weston M9N 3P5

**Be Fit**

416.245.4395

**Live Well**

[www.ywalc.ca](http://www.ywalc.ca)

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