



**SIGN UP FOR YMCA BOOT CAMP
NOW!
NEW SESSION STARTS WEEK OF
OCT 17TH
AND ENDS NOV 25TH.**

Downtown YMCA

Tue and Thu 12:15pm-12:45pm and 5:30pm-6:30pm

Prevention Park YMCA

M, T, W, Thu and F 12:15pm-12:45pm

and T, Thu at 5:15pm-5:45 and Sat at 8am-9am

\$5 per class or pay for 6 weeks up front to motivate
yourself to keep coming!

[Sign up online here!](#)

Call Dan Spicer for details 875-9276 x 105 or
Email at danspicer@frankfortymca.org