



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE ACTIVE BE YOURSELF BELONG



## Functional Fitness Classes ACYMCA FUNCTIONAL FITNESS ROOM

<b>Monday:</b>	<b>6:00-6:45 am</b>	<b>Bootcamp with AJ</b>
	<b>11:30 - 12:15pm</b>	<b>Circuit with Kyle</b>
	<b>4:30 - 5:15pm</b>	<b>Bootcamp with Gary</b>
<b>Tuesday:</b>	<b>9:00 - 9:45am</b>	<b>Circuit with Kyle</b>
	<b>5:30 - 6:15pm</b>	<b>Circuit with Kyle</b>
<b>Wednesday:</b>	<b>8:45 - 9:30am</b>	<b>Circuit with Kyle</b>
	<b>3:30 - 4:15pm</b>	<b>Circuit with Kyle</b>
<b>Friday:</b>	<b>12:00 - 12:45pm</b>	<b>Circuit with Kyle</b>