



Are You Savage? Or Average?



Bootcamp at South County

Bootcamp is a group training program led by our Certified Personal Trainers. We combine functional fitness with High-Intensity Interval Training to give you the total workout. These classes will feature tough courses to build you up, but at a good pace! We accommodate newcomers and savages alike!

**Due to popular demand,
we have two classes:**

Monday at 10:00 – 10:45am (starts 9/11)

Saturday at 8:15 – 9:00am (starts 9/16)

\$60 for 6 weeks

\$110 for 2 Sessions

Bring a Beast or Friend

Drop-ins: \$15/Class

Pre-register for a 6 week session and receive a free South County Bootcamp t-shirt!



Class is Taught by Craig Pulliam and Taylor Lucier

Classes are outdoors (weather permitting)
If it rains class will be in the GYM

South County YMCA
165 Broad Rock Road
Peace Dale, RI 02883
401-783-3900

Register online or at the Welcome Center Desk

Visit our facebook at
facebook.com/southcountyyymca

Visit our website at
www.ymcagreaterprovidence.org

