



CACS Boot Camp 2018

Are you ready to get active, feel better and set yourself some healthy and motivating goals? Our Boot Camp Program provides you with the perfect opportunity to get moving! Spring Boot Camp is three days per week, either morning or evening and the Summer Boot

Camp will be 5 days a week mornings or evenings. This Boot Camp includes a great mixture of cardio, strength training, and flexibility exercises. It is inclusive of a variety of skill levels.

**To register please go to our
website at www.abbycommunity.com**

MORNINGS - Mon, Wed, Fri

Jan 8 - Feb 2 \$53.55	6 am – 7 am (12 sessions)
Feb 14 - Mar 16 \$62.48	6 am – 7 am (14 sessions)
Apr 4 - Apr 27 \$49.09	6 am – 7 am (11 sessions)
May 7 - Jun 1 \$49.09	6 am – 7 am (11 sessions)
Jun 11 - Jun 29 \$40.16	6 am – 7 am (9 sessions)
Jul 9 - Jul 13 \$22.31	6 am – 7 am (5 sessions)
Jul 23 - Jul 27 \$22.31	6 am – 7 am (5 sessions)
Aug 20 - Aug 24 \$22.31	6 am – 7 am (5 sessions)
Aug 27 - Aug 31 \$22.31	6 am – 7 am (5 sessions)

EVENINGS - Mon, Wed, Thu

Jan 8 - Feb 1 \$53.55	5:30pm - 6:30pm (12 sessions)
Feb 14 - Mar 15 \$62.48	5:30pm - 6:30pm (14 sessions)
Apr 4 - Apr 26 \$49.09	5:30pm - 6:30pm (11 sessions)
May 7 - May 31 \$49.09	5:30pm - 6:30pm (11 sessions)
Jun 11 - Jun 28 \$40.16	5:30pm - 6:30pm (9 sessions)
Jul 9 - 13 \$53.55	5:30pm - 6:30pm (5 sessions)
Jul 23 - Jul 27 \$22.31	5:30pm - 6:30pm (5 sessions)
Aug 20 - Aug 24 \$22.31	5:30pm - 6:30pm (5 sessions)
Jun 11 - Jun 29 \$22.31	5:30pm - 6:30pm (5 sessions)

Participants need to bring a yoga mat, a stability ball and two 5 pound weights. Dress appropriately for the weather as the program may be inside and outside throughout the hour.