



CACS Boot Camp 2019

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 in the mornings or 4 days a week for the 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 7 - Feb 1 \$53.55	6 am – 7 am (12 sessions)
Feb 11 - Mar 15 \$62.48	6 am – 7 am (14 sessions)
Apr 1 - Apr 26 \$40.16	6 am – 7 am (9 sessions)
May 6 - May 31 \$49.09	6 am – 7 am (11 sessions)
Jun 10 - Jun 28 \$40.16	6 am – 7 am (9 sessions)
Jul 8 - Jul 12 \$22.31	6 am – 7 am (5 sessions)
Jul 22 - Jul 26 \$22.31	6 am – 7 am (5 sessions)
Aug 19 - Aug 23 \$22.31	6 am – 7 am (5 sessions)
Aug 26 - Aug 30 \$22.31	6 am – 7 am (5 sessions)

EVENINGS - Mon, Wed, Thu

Jan 7 - Jan 31 \$53.55	5:30pm - 6:30pm (12 sessions)
Feb 11 - Mar 14 \$62.48	5:30pm - 6:30pm (14 sessions)
Apr 1 - Apr 25 \$40.16	5:30pm - 6:30pm (9 sessions)
May 6 - May 30 \$49.09	5:30pm - 6:30pm (11 sessions)
Jun 10 - Jun 27 \$40.16	5:30pm - 6:30pm (9 sessions)
Jul 8 - 11 \$17.85	5:30pm - 6:30pm (4 sessions)
Jul 22 - Jul 25 \$17.85	5:30pm - 6:30pm (4 sessions)
Aug 19 - Aug 22 \$17.85	5:30pm - 6:30pm (4 sessions)
Aug 26 - Aug 29 \$17.85	5:30pm - 6:30pm (4 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.