



Downtown Oakland YMCA MORNING BOOT CAMP

● Cardio ● Agility ● Strength-Training ●

Summer Session #2: Jul 19–Aug 27 2010

Monday / Wednesday / Friday @ 5:30 AM

Date	Day	Activity	Starting Location
19-Jul	M	Tour de "Y"	Gym
21-Jul	W	Century	Gym
23-Jul	F	Jack London Square	Ferry Terminal
25-Jul	Sun	SF Full/Half Marathon	
26-Jul	M	Yog-ahhhhhh	Gym
28-Jul	W	Plyometrics	Gym
30-Jul	F	Garage Climb & Hi 5!	Gym then Roof
1-Aug	Sun	Juan's Anniversary Hill Climb (3:00 PM @ Mtn. View Cemetery)	
2-Aug	M	The Captain's Circuit	Gym
4-Aug	W	Combat Ready	Gym then the battlefield
6-Aug	F	Lake Temescal	Lake Temescal Parking Lot
9-Aug	M	Intervals	Gym
11-Aug	W	Asphalt Jungle or Pill Hill	Gym then outside
13-Aug	F	Black Ice	Gym
16-Aug	M	X-Fit Training	Gym
18-Aug	W	Bi-Fun Team Training (Spin-30 min./Team Treadmill-30 min.)	Gym 5:00 AM Start!!
20-Aug	F	Orient Express	Madison Park @ 9th & Madison
21-Aug	Sat	Tri for Fun #3 (Pleasanton)	
23-Aug	M	Anutter Tabutter?	Gym
25-Aug	W	Cascades	Columns at Grand & Lakeshore
27-Aug	F	Team Spirit	Gym

For more information call Jack Holleman at 510-451-8041 x126.
Or check out our website at: yahoogroups.com/group/YMCA_Bootcamp.
Our schedule is also posted at <http://oakland.ymcaeastbay.org/schedules>