



Boot Camp Schedule

Evening Boot Camp

- Cardio ● Agility ● Strength-training ●
- All Fitness Levels Welcome

July 20, 2010 – August 29, 2010
Tuesday/Thursday/Sunday

Summertime Fitness

WK	Date	Day	Start Time	Activity	Start Location
1	20-Jul	Tuesday	6:00 PM	Veterans Auditorium	Indoor Track/Outside
1	22-Jul	Thursday	6:00 PM	Tour de "Y"	Indoor Track/Spirit Studio
1	25-Jul	Sunday	3:00 PM	Woodminster	Reflection pool on Joaquin Miller
2	27-Jul	Tuesday	6:00 PM	BART Express	Indoor Track/Outside
2	29-Jul	Thursday	6:00 PM	Pumping Iron	Indoor Track/Spirit Studio
2	1-Aug	Sunday	3:00 PM	Mountain View Cemetery	Piedmont Ave.
3	3-Aug	Tuesday	6:00 PM	Asphalt Jungle	Indoor Track/Outside
3	5-Aug	Thursday	6:00 PM	Legs and Abdominals	Indoor Track/Spirit Studio
3	8-Aug	Sunday	3:00 PM	Rose Garden	Jean St. and Grand Ave.
4	10-Aug	Tuesday	6:00 PM	Jack London Square	Ferry Terminal
4	12-Aug	Thursday	6:00 PM	Interval Training	Indoor Track/Spirit Studio
4	15-Aug	Sunday	3:00 PM	Crown Beach	Eighth Street and Otis Drive Alameda, CA
5	17-Aug	Tuesday	6:00 PM	Duck Feed	Indoor Track/Outside
5	19-Aug	Thursday	6:00 PM	Plyometrics	Indoor Track/Spirit Studio
5	22-Aug	Sunday	2:30 PM	Tri fun - Pool, Bike, Treadmill	Early start in pool at 2:30
6	24-Aug	Tuesday	6:00 PM	City Center	11th and Broadway
6	26-Aug	Thursday	6:00 PM	20/10 by 8	Indoor Track/Spirit Studio
6	29-Aug	Sunday	3:00 PM	Chevy's	Chevy's in Emeryville

**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>**