



# LEAN BODY MASS

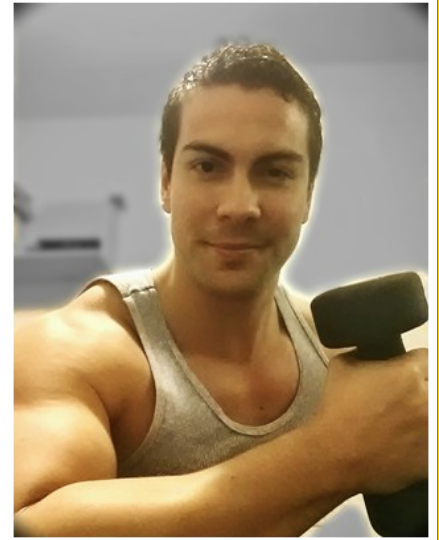
with Joseph

**Monday 7PM**

**Wednesday 6:30 PM**

**and Friday 7pm**

Northwood YMCA  
5201 NW 34th Ave.  
Members \$99  
Non-Members  
149.00



**Northwood YMCA  
Offers Weight Loss and  
Conditioning Boot Camps  
6 days a week!**

## **Y B Fit Camp**

**with Crystal, Michelle & Joseph**

**Monday Thru Saturday 12 Noon**

This boot camp meets Monday thru Saturday for LUNCH in our Wellness Lobby and has open enrollment for the 90 days. Choose 3 Days a week that works best for your mid-day break!

***Monday, Wednesday, Friday OR  
Tuesday, Thursday, Saturday***  
sessions are currently available.

***YB Fit Camp & Nutrition Club***  
includes your choice of either a  
calorie-burning herbal tea *BEFORE*  
your workout or a meal  
replacement recovery shake *AFTER* your  
workout. Contact Alisha in Wellness

