

# PRESS RELEASE

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For Immediate Release:

For More Information:

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## **Beach Boot Camp Offered at the YMCA**

The YMCA Beach Boot Camp is a group personal training program that offers the chance for friends, team mates or coworkers to get an amazing workout in the fresh U.P. air (five people per group maximum). Beach Boot Camp will be lead by certified personal trainer, Leslie Luehmann and is open for men or women of all fitness levels age 12 and up. This program will be held outside on Mondays from 6:45 p.m.-7:45 p.m. starting June 16<sup>th</sup> and ending July 25<sup>th</sup>. Registration deadline is June 14<sup>th</sup>. Cost is \$40 per person for YMCA members and \$80 for non members. For more information on Beach Boot Camp, contact Jenna Zdunek, YMCA Health and Fitness Director at 227-YMCA.

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