



**INTRODUCING**

**KV YMCA'S**

# **ULTIMATE CHALLENGE**

**Summer Session Dates**

**June 20—August 8**

**8 week session**

**Wednesday's 12:15–1pm**

**Outdoor Workouts**

**Cost: \$30 per person**

**SIGN UP NOW FOR THE ULTIMATE CHALLENGE  
WORKOUT!**

Test your limits in physical and mental strength,  
toughness and agility.

**TIRE FLIPPING | BATTLE ROPES | BARBELLS |  
DUMBBELLS & MORE!**

All fitness levels are welcome.

Join our instructors Craig Cameron and Chris Vashon  
for the Ultimate Challenge Workout at the KV YMCA!

**\*Workouts will be outdoors!**

(Inside if weather is poor)