



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)