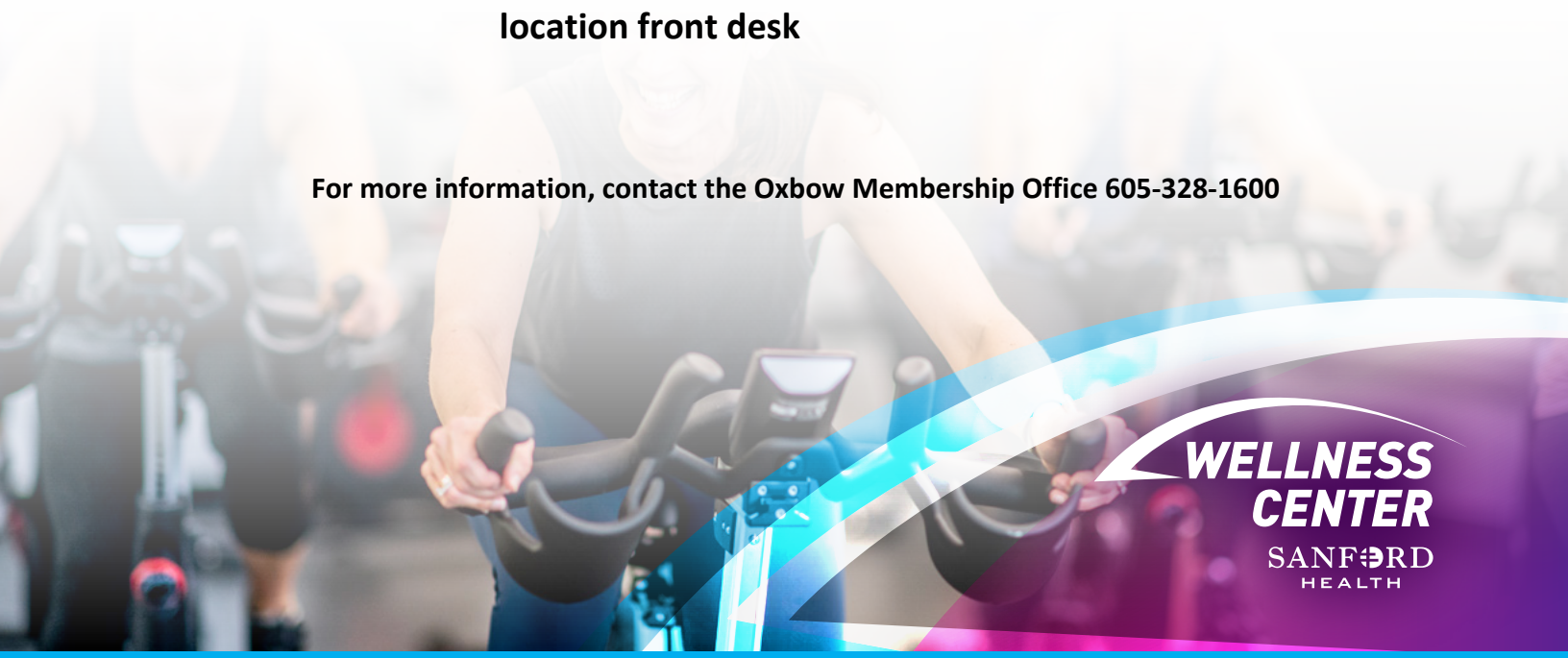
Sanford Wellness Center Youth Boot Camp
Summer 2021

Oxbow location:

Sanford Wellness Center Youth Bootcamp will be instructed by an Exercise Specialist with experience in youth training and sports. Participants will engage in a variety of training to include: outdoor/indoor track movement, strength training, core development, indoor Keiser cycling, TRX training, pool workouts, and foam rolling for recovery in our Yoga Studio. Emphasis will be on correct technique, fun, sportsmanship, and encouragement. Designed for ages 11-14 years.

Training Times: **8 Week Program runs June 7- July 29th, 2021**
Two Timeslot Options- (must choose 1 timeslot only)
***Monday, Wednesday, Thursday 10:30am-12pm**
***Monday, Wednesday, Thursday 2:30pm-4pm**

Cost: **$240 for members/$300 for non-members**
Group size is limited to 6 individuals per session
Minimum group size is 3
Register by calling 605-328-1600 or stop by the Oxbow location front desk

For more information, contact the Oxbow Membership Office 605-328-1600