

Boot Camp Basics

Maximize your busy schedule with an outdoor workout at Windsor Parkway during your child's practice!

Join our mind and body changing workout each Wednesday beginning February 24.

4:30-5:30 PM or 5:30-6:30 PM.

\$60 a session/\$15 drop-in rate (session ends March 31)

Please contact YvetteH@ymcaatlanta.org for more information and to register.

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