



# mud fest TRAINING

## COME TRAIN FOR THE FEST WITH US:

Bootcamp style Mud fest Training combines resistance training with high intensity cardiovascular exercises. Held inside and outside to prepare you for the challenges you'll face on our Mud Run course Saturday October 8th at YMCA Camp Winona. Train with one of our Personal Trainers and develop your strength and endurance in our wellness center. Afterwards, train outside in the elements to prepare you mentally for the climate challenge.

### DATES:

Training is twice a week  
from August 29 - October 5\*

Tuesdays:

6:00 - 7:00 pm

Thursdays:

6:00 - 7:00 pm

### RATES:

Members: \$75

Community  
Participants: \$100

### REGISTRATION:

In-house at the  
Membership Desk

Online at  
[vfymca.org](http://vfymca.org)

### AGES:

8 and older

Please wear clothing you  
do not mind getting dirty.

### FOR MORE INFORMATION:

Please contact Tania Magoc at [tmagoc@vfymca.org](mailto:tmagoc@vfymca.org),  
386-736-6000 or visit the Membership Desk

DELAND FAMILY YMCA

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TOGETHER WE CAN BUILD A BETTER US