



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

AGES:

8 and older

Please wear clothing you
do not mind getting dirty.

FOR MORE INFORMATION:

Please contact Jarrett Cory at 386-409-9622, jcory@vfymca.org
or visit the Membership Desk

SOUTHEAST VOLUSIA FAMILY YMCA

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TOGETHER WE CAN BUILD A BETTER US