



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EARLY MORNIN' BOOTCAMP

With Healthy Living Coordinator Drew Cusick

MONDAYS & WEDNESDAYS at 7:00AM

IMPROVE YOUR

- **Cardiovascular Fitness**
- **Strength**
- **Mobility**
- **Functional Fitness**



**For More Information Contact Drew Cusick
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Chambersburg Memorial YMCA | www.chbgy.org