



TEAM BOOTCAMP

**6 Week Team
Bootcamp Program**

10/14 and ends 11/24 (\$75)

SEE BACK FOR DETAILS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Officially begins Monday 10/14 and ends Sunday 11/24

How does it work?

- Register & pay at the Welcome Center
- Attend a kickoff for your assignments, measurements, and excitement **before 10/14** (you will be contacted to be scheduled after you register)
- You will be invited to join the YMCA Team Bootcamp Facebook Group where you will find the weekly challenges, opportunities for extra points, support

What does it entail?

- Complete weekly challenges with your team (**gather a team of 4 or ask for help finding one!**)
- Earn points individually by exercising, meal prepping
- Prizes awarded for the following; most successful team and the individual who loses the most inches. Each branch will have a winner in each category.

How do I earn points?

- Each individual that completes a workout will earn points for their team
 - Each 30+ minutes straight of purposeful exercise earns 1 pt. (60+ minutes = 2pt)
 - YMCA Group Fitness classes earn 2pts regardless of length
 - YMCA Personal Training earns 2pts for 30 min, 4pts for 60 min
- Complete weekly team challenge for 5pts each challenge per team member (all must participate). Receive 1x per week.
- Meal prep for 5 points, receive 1x per week
- Check-in on Facebook each time you work out here for 1pt. each time (YMCA Of Lansing, Oak Park Branch or Parkwood Branch or Westside Branch)
- Team total inches lost = 2 pts each inch
- Creative team name—5 pts total

What are the requirements?

- Each Sunday night, the weekly challenge will be posted in the private facebook group
- Weeks run Monday-Sunday
- Fill out weekly sheet, email to ymcateambootcamp@gmail.com by 12pm the following Monday
- Send photo proof of workouts to the email above by the following Monday (if taking a class, checking in on the attendance sheet is sufficient)
- Send photo proof of meal prep to the email above by the following Monday
- Team points will be calculated once all sheets are in. Team Standings will be posted by mid-week in the private facebook group