

IN IT TO **THIN IT**

SUMMER BOOT CAMP

**YOUTH
EMPOWERMENT
THROUGH
WEIGHT LOSS,
FITNESS AND
NUTRITION**

June 6, 2016 - July 29, 2016

Workouts: Mon-Wed-Friday at 12pm



- No Cost
- Ages 12-18*
- Win Prizes



FITNESS DEPARTMENT

760-261-5257

gmangum@hvvmg.com

hvvmg.com

12408 Hesperia Rd.
Suite 25

Victorville, CA 92395

**25lb or more overweight.
Must provide physical
from doctor.*



Required meetings: June 1 or June 3 | 12:30pm. Address above
Registration opens May. Online or at HVVMG



SUMMER FITNESS CLASSES

HIT FIT

High Intensity Training

Monday, Wednesday & Friday

IN IT TO THIN IT

Youth Empowerment through Fitness

Monday, Wednesday & Friday

RETRO-FIT

Senior Fitness

Tuesday & Thursday

CROSS-X

Strength Training

Tuesday & Thursday

FITNESS 101

Intermediate Fitness

Monday - Thursday

10 SESSION SUMMER CHALLENGE

Attend 10 workouts in 1 month, enter a prize drawing.
Attend 40 sessions, become eligible for a Grand Prize.

May - August

1-800-655-9999 • gmangum@hvvmg.com • hvvmg.com



Check out our Special Events and Field Trips
See hvvmg.com for more information info



Text 'HERITAGEFIT' to 99000 to receive
health and fitness opportunities to your mobile device
See hvvmg.com for text info