



WORK YOUR WHOLE BODY OUTDOOR BOOT CAMP

Get outside and get fit. Somerset Hills YMCA and Bernards Township are partnering to offer a 7-week boot camp experience in the park. Drop in with a water bottle and towel. Be ready to exercise with the sun on your face and the grass beneath your feet.

WHEN: Mon, Wed, Fri, July 6-Aug. 21

WHERE: Harry Dunham Park,
409 Somerville Road

TIME: 9:30-10:30 am

WHO: All community residents
18 years and older

COST: Free



SOMERSET HILLS YMCA

A branch of Somerset County YMCA

140 Mount Airy Road | 665 Martinsville Road
Basking Ridge, NJ 07920 | Basking Ridge, NJ 07920

www.somersetcountyyymca.org (P) 908 766 7898

 [Facebook.com/SomersetHillsYMCA](https://www.facebook.com/SomersetHillsYMCA)

 [Twitter.com/shymca](https://twitter.com/shymca)

The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at www.somersetcountyyymca.org.