

RENEW EMPOWER & IMPROVE



WOMEN'S FIT CAMP

August 18-20

Camp Cormorant | Ages 18+

14563 YMCA Lane, Lake Park, MN 56554



Head to camp and join other women of all fitness abilities and levels. Discover the power to improve your health and increase enjoyment of life through fitness, good nutrition and stress management.

PRICING	YMCA Mbr	Non-Mbr	Cabin ^{NEW!}
	Individual	Individual	Fill a cabin of 7!
Regular	\$249	\$299	\$1,500

Includes all meals, lodging, and activities, along with an exclusive FIT Camp shirt.

Must pay for whole group in one lump sum.



To Register

Space is limited to 30 participants, so register today!

- > call 701.293.9622
- > visit the Member Services Desk
- > www.ymcacassclay.org/fitcamp

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