



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Working together for our community

Smith Mountain Lake YMCA Partners with On the Verge Fitness

6 week Boot Camp | Summer 2017

Join us for a rain or shine, intense outdoor boot camp starting



JUNE 13th!

Tuesday's 5:30 PM

Friday's 7:00 AM

Meet the instructor

Sallie is a certified personal trainer and owner of On the Verge Fitness (OTV), an in-home personal training company based in Smith Mountain Lake, V.A. In 2012, she founded OTV with one objective in mind: to provide a fresh approach to fitness based on the ageless truth that the harmony of mind, body and spirit is the key to lifelong vitality.



Pricing

	Members:	Potential Members:
Daily	\$12	\$30
6 Sessions	\$40	\$70
12 Sessions	\$60	\$100

(Sign up for a Y membership at time of program registration for waived joiner fee.)



ON THE VERGE
FITNESS

Packages Also Available

(540)721-9622 | 293 Firstwatch Dr., Moneta, VA | www.franklincountyyymca.org

On the Verge Fitness | (540)529-5890 | www.onthevergefitness.com