

## Challenge: Round 2 Butt-Kicking Bootcamp

*Can you keep up with me? You only get 1 hour to try! Are you in? Make sure to bring a friend!*

**WILLIAMSBURG, Va. - May 4, 2016 - [PRLog](#)** -- That's right, grab a friend or family member, get your fitbits, step counters, heart rate monitors and lets get ready to torch some calories in a fun butt-kicking bootcamp! The **2nd annual Butt-Kicking Bootcamp** will be held **July 23rd, 2016** at **10am** sharp inside the R.F Wilkinson **YMCA**; Williamsburg, VA.

Velma Canaday, a Williamsburg native, former track star and self-published author is coming back to do it again. She is ready to get your adrenaline pumping and helping you burn as much fat as possible in a 1 hour bootcamp. She is going to keep you moving the entire time.

Did I mention there will be a live DJ there? The DJ is there to spin the tunes and get those heart rates up. There will also be FREE, yes free body fat testing at the event. How will you know what progress you need to make if you don't know where you are?

Last year was a complete success with a bag full of goodies in a giveaway sponsored by Trader Joe's. Other sponsors included Maximus Jewels, Health Warrior and 1st Advantage Federal Credit Union.

Immediately following the bootcamp there will be a book signing for Velma Canaday's second book **21 Days Cravin'Fit** and a Pop-Up Shop for **Tights Presented By Velma Canaday**.

**READY to Accept the Challenge?** This is a ONE DAY event only and you don't want to miss it. **Register today** and secure your spot as spaces are limited. <http://www.VelmaCanaday.com/Events.html>

For additional information or media inquiries, contact Velma Canaday at (469) 291-5223 or visit <http://www.VelmaCanaday.com>

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