



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# New Years Small Group Training

January 6th , 2020 - February 29, 2020

8 Week Sessions, Once per week

\$80 Bundle

\$15 Per Class

Meet once per week during your chosen class time to participate in a group training session. Group training sessions are a great way to meet new people and work out with a support system under the direction of one of our certified personal trainers. Each class also includes **Nutrition Counseling** set up by appointment. Learn how to take your workouts to the next level! Classes include **Speed Agility, Strength Training, Running, Intro to Cardio, and Intro to Weights.**

All are welcome! Register online, in-person, or over the phone today!

## Our Certified Personal Trainers



Caylene McKinney



Jessica Gardner



## Class Times (choose one)

**Mondays:** 6:00-6:45pm

**Tuesdays:** 12:00-12:45pm

**Wednesdays:** 6:00-6:45pm

## Nutrition Counseling Included

By Appointment

For more information, please call Shawn Rause at 724-834-0150 ext. 113 or email [s.rause@gbgymca.org](mailto:s.rause@gbgymca.org)