



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Small Group Training

October 28, 2019 - December 20, 2019

8 Week Sessions, Once per week

\$100 Bundle

\$20 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 and Strength Training for Youth members and Speed Agility, Strength Training, Running, Intro to Cardio, and Intro to Weights for Adult members.

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

Give it a try with your first week free!

The YMCA will not turn away for the inability to pay. Ask about our financial assistance.