



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY IN SHAPE THIS SUMMER

Small Group Training



Join one of our small groups for June led by a certified personal trainer. Increase strength, endurance and overall fitness under the guidance of our knowledgeable and experienced fitness staff.

Small Group 60min w/ Allyssa
June 6-29
Tue/Thu 9am
Member \$96 Non member \$120

Obstacle Course Training 60min w/ Adam
June 6-29
Tue/Thu 9:15am
Member \$96 Non member \$120

Your 1st Triathlon: Swim Training
60min w/ Allison
June 6-29
Tue/Thu 5:30pm
Member \$96 Non member \$120

Bootcamp 60min w/ Adam
June 5-28
Mon/Wed 6:30am
Mon/Wed 9am
Member \$96 Non member \$120

Small Group HIIT 30min w/ Tara
June 6-29
Tue/Thu 6pm
Member \$56 Non Member \$72

Women on Weights 60 min w/ Tammy
June 6-29
Tue/Thu 4:45pm
Member \$96 Non member \$120

Small Group 60min w/ Kristin
June 5-29
Mon/Thu 10am
Member \$96 Non Member \$120

Senior Weight Training 60min w/ Tammy
June 7-30
Wed/Fri 9:30am
Member \$96 Non member \$120