



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACCOUNTABILITY GUIDANCE KNOWLEDGE

July Small Group Training



Join one of our small groups for July 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

July 6-28

Tue/Thu 9am

Member \$84 Non member \$105

Triathlon Swim Training: 4 session

tune up 60min w/ Allison

July 18-27

Tue/Thu 5:30pm

Member \$48 Non member \$60

Small Group 60min w/ Kristin

July 10-27

Mon/Thu 10am

Member \$72 Non Member \$90

*Prorated pricing to reflect
4th of July Holiday

Obstacle Course Training 60min w/
Adam

July 6-27

Tue/Thu 9:15am

Member \$72 Non member \$90

Bootcamp 60min w/ Adam

July 3-26

Mon/Wed 6:30am

Mon/Wed 9am

Member \$84 Non member \$105

Women on Weights 60min
w/ Tammy

July 5-28

Tue/Thu 4:45pm

Wed/Fri 9:30am

Member \$96 Non member \$120