



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACCOUNTABILITY GUIDANCE KNOWLEDGE



## August 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

Aug 8-31

Tue/Thu 9am

Member \$96 Non member \$120

Cycle/TRX 45min w/ Allyssa

\*4 participants maximum

Aug 7-31

Mon/Wed 11:45am

Member \$80 Non member \$104



Bootcamp 60min w/ Jordan

Aug 8-31

Tue/Thu 5:30pm

Member \$96 Non member \$120



Obstacle Course Training 60min w/ Adam

Aug 8-31

Tue/Thu 9:15am

Member \$96 Non member \$120

Small Group 60min w/ Kristin

Aug 7-31

Mon/Thu 10am

Member \$96 Non Member \$120

Bootcamp 60min w/ Adam

Aug 7-30

Mon/Wed 6:30am

Member \$96 Non member \$120

HIIT 30min w/ Tammy

Aug 15-31 (6 sessions)

Tue/Thu 4:45pm

Member \$42 Non member \$55

Small Group 60min w/ Tammy

Aug 16-Sep 1 (6 sessions)

Wed/Fri 9:30am

Member \$72 Non member \$90