



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACCOUNTABILITY GUIDANCE KNOWLEDGE



October Small Group Training

Put down the Halloween candy and join one of our small groups for October led by a certified personal trainer! Reach your goals and improve overall fitness under the guidance of our knowledgeable and experienced fitness staff.

Aqua HIIT w/ Allison

Oct 17-Nov 2

6 sessions

Tue/Thu 6:20-6:50am

Member \$42 Non member \$60

Bootcamp 60min w/ Adam

Oct 2-25

Mon/Wed 6:30am

Mon/Wed 9am

Member \$96 Non member \$120

**Saturday Circuit 60min w/
Jessica**

Oct 7-28

Sat 9:30am

Member \$48 Non member \$60

Small Group 60min w/ Kristin

Oct 2-27

Mon/Thu 10am

Member \$96 Non Member \$120

Bootcamp 60min w/ Jordan

Oct 3-26

Tue/Thu 6:45pm

Member \$96 Non member \$120

**Bootcamp for Weight Loss 30min w/
Tammy**

Oct 3-26

Tue/Thu 4:15pm

Member \$56 Non member \$72

Please contact Allyssa Schamp at
402.339.9861 or
aschamp@metroymca.org for more
information