



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACCOUNTABILITY GUIDANCE KNOWLEDGE



## Sept Small Group Training

Join one of our small groups for September 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  
Sept 5-28  
Tue/Thu 6:20-6:50am  
Member \$56 Non member \$72



Cycle/TRX 45min w/ Allyssa  
\*4 participants maximum  
Sept 4-27  
Mon/Wed 11:45am  
Member \$80 Non member \$104



Small Group Circuit 60min w/  
Jessica  
Sept 9-30  
Sat 9:30am  
Member \$48 Non member \$60



Bootcamp 60min w/ Adam  
Sept 6-27  
Mon/Wed 6:30am  
Member \$84 Non member \$105

Bootcamp 60min w/ Jordan  
Sept 5-28  
Tue/Thu 5:30pm  
Member \$96 Non member \$120

Small Group 60min w/ Kristin  
Sept 7-28  
Mon/Thu 10am  
Member \$84 Non Member \$105

Bootcamp for Weight Loss  
30min w/ Tammy  
Sept 5-28  
Tue/Thu 4pm  
Member \$56 Non member \$72



\*Monday groups prorated pricing due to Labor Day Holiday. Contact Allyssa Schamp at [aschamp@metroymca.org](mailto:aschamp@metroymca.org) or 402.339.9861 for questions.