



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACCOUNTABILITY GUIDANCE KNOWLEDGE



NOVEMBER Small Group Training

Stay on track this holiday season and join one of our small groups for November led by a certified personal trainer! Reach your goals and improve overall fitness under the guidance of our knowledgeable and experienced fitness staff.

Saturday Circuit 60min w/
Jessica

Nov 4-28

Sat 9:30am

Member \$48 Non member \$60

Bootcamp 60min w/ Jordan

Nov 7-30

Tue/Thu 6:45pm

Member \$96 Non member \$120

Small Group w/ Allyssa

Nov 7-30

Tue/Thu 9am

Member \$84 Non member \$105

**Thursday groups pro rated pricing due to Thanksgiving. Contact Allyssa Schamp at aschamp@metroymca.org or 402.339.9861 for more information.

Bootcamp 60min w/ Adam

Nov 6-29

Mon/Wed 6:30am

Mon/Wed 9am

Member \$96 Non member \$120

Small Group 60min w/ Kristin

Nov 6-30

Mon/Thu 10am

Member \$84 Non Member \$120

Small Group Circuit 30min w/ Tammy

Nov 8-Dec 1

Wed/Fri 10:30am

Member \$56 Non member \$72

Bootcamp for Weight Loss w/ Tammy

Nov 7-Dec 1

Tue/Thu 30min 4:30pm

Wed/Fri 60min 9:30am

Member 30min \$49 Non member \$60

Member 60min \$96 Non member \$120