



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE BOLD BE BRAVE BE ACCOUNTABLE



Small Group Training SARPY YMCA

New Year, New Goals!! Clear your mind of “CAN’T” and start 2018 feeling STRONG! Let us help you step out of your comfort zone and join one of our small groups for January led by a certified personal trainer! Reach your goals, workout with friends, have fun, and improve overall fitness under the guidance of our knowledgeable and experienced fitness staff.

January 2–January 27

Small Group 60min 2x per week

Mon/Wed 6:30am w/ Adam*
Mon/Wed 9am w/ Adam*
Mon/Wed 6:30pm w/ Jessica*
Tue/Thu 9am w/ Allyssa
Tue/Thu 6:45pm w/ Jordan
Member \$96 Non member \$120

Small Group 60min 1x per week

Mon 10am w/ Kristin*
Member \$48 Non member \$60

Small Group 30min 2x per week

Mon/Thu 5:15pm w/ Jordan
Tue/Thu 4:30pm w/ Tammy
Member \$42 Non member \$60

*Monday groups pro rated pricing due to New Year’s Holiday. Please contact Allyssa Schamp for questions at aschamp@metroymca.org or 402.339.9861