



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BE BOLD BE BRAVE BE ACCOUNTABLE

**Small Group Training
SARPY YMCA**



Show YOURSELF some love this month! Let us help keep you motivated and join one of our small groups for February 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.

February 5-March 2

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 S
Member \$96 Non member \$120

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

Small Group 30min 2x per week

Mon/Thu 5:15pm w/ Jordan D
Tue/Thu 5pm w/ Tammy
Member \$56 Non member \$72

