



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE BOLD BE BRAVE BE ACCOUNTABLE

Small Group Training
SARPY YMCA



Spring is almost here! 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.

March 5– March 30

Small Group 60min 2x per week

Mon/Wed 5:15am 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

