



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOLD BRAVE ACCOUNTABLE



Small Group Training

Get ready for summer! Let us help keep you motivated and join one of our small groups for April 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.

April 1 – May 4 (5 week session)

Small Group 60min 2x per week

Mon/Thu 5:15am w/ Adam

Mon/Wed 9am w/ Adam

Tue/Thu 9am w/ Allyssa

Tue/Thu 6:45pm w/ Jordan S

Member \$120 Non member \$150

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

Small Group 30min 2x per week

Tue/Thu 5pm w/ Tammy

Member \$70 Non member \$90



For more small group offerings, please check out our Summer Transformation Challenge