



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BOLD BRAVE ACCOUNTABLE



## June Small Group Training

Stay in shape this summer! Stay motivated by joining one of our small groups for June 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.

## June 4– 29 (4 week session)

### Small Group 60min 2x per week

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

Please contact Allyssa Schamp for questions at [aschamp@metroymca.org](mailto:aschamp@metroymca.org) or 402.339.9861

### Small Group 30min 2x per week

June 5-21 (6 sessions)  
Tue/Thu at 6pm w/ Tammy  
Member \$42 Non member \$56

For more small group training options please see Summer Transformation Challenge.

