



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOTIVATION SUPPORT GUIDANCE

July Small Group Training  
SARPY YMCA



Blast through summer and stay motivated by joining one of our small groups for July 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.

## July 2– Aug 3 (5 week session)

### Small Group 60min 2x per week

Mon/Wed at 6:30am w/ Adam\*

Tue/Thu at 9am w/ Allyssa

Member \$120 Non member \$150

\*Pricing pro rated for 4th of July holiday

### Small Group 30min 2x per week

#### \*Starts week of July 9\*

Mon/Wed HIIT at 9am w/ Tammy

Tue/Thu Strong Lifts at 6pm w/ Tammy

Tue/Thu HIIT at 5pm w/ Tammy

Member \$56 Non member \$72

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