



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATION SUPPORT GUIDANCE

August Small Group Training
SARPY YMCA



Finish the summer strong and stay motivated by joining one of our small groups for August! Each training group is led by a certified personal trainer! Reach your goals, workout with friends, and have fun under the guidance of our knowledgeable and experienced fitness staff.

August 6– 31 (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 10am w/ Allyssa

Wed/Fri at 6:15am w/ Allyssa/Adam

Member \$96 Non member \$120

Small Group 30min 2x per week

Tue/Thu at 6pm w/ Tammy

Member \$56 Non member \$72

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