



SMALL GROUP PERSONAL TRAINING SCHEDULE

PROGRAM	DAY & TIME	TRAINER
Y Circuit	Monday 8:00am-8:45am	Jodi
Y Strong	Monday 5:30-6:15pm	Deven
Y Cross Training	Tuesday 7:15-8:00am	Jim
Y Circuit	Tuesday 6:00-6:45pm	Scott
Y Circuit	Wednesday 9:30-10:15am	Scott
Y Circuit	Thursday 7:45-8:30am	Jodi
Y Strong	Thursday 5:30-6:15pm	Deven
Y Circuit	Friday 8:30-9:15am	Danielle
Y Circuit	Saturday 8:30-9:15am	Scott

*Free trial available. Reserve via the website or app

*Paid monthly for introductory price of 99; no drop-ins.

\$99 for * Unlimited classes per month. Classes require reservations via the website or app.

Less than
\$25 per
week!

Invigorate your workout with Small Group Personal Training! Our Nationally Certified Trainers will provide the camaraderie of a group with all the benefits and attention of individualized training.

The unique design of our Personal Trainers' specialty programs will guide you to meet your goals, alongside others, in groups no larger than 6. We will maintain social distancing with minimal equipment sharing and appropriate clean-up. Maximize your success at an affordable price.



See a Welcome Center Representative to register.

Reservations are required for each class.

Reservations can be made on the website up to 48 hours in advance or via the app up to 24 hours in advance of class time.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Small Group Personal Training Class Descriptions

Y Cross Training

Constantly varied, high intensity workouts including squats, deadlifts, cleans, snatches and more! Each day, you get a WOD (workout of the day) and you join other like-minded individuals in completing it at YOUR pace and at YOUR best!

Y Circuit

Challenge all your muscles and improve your cardio fitness with circuit-style training in the MoveStrong area. The class blends strength training and cardio with a focus on developing stamina and athletic power. Modifications available for all fitness levels.

Y Strong

With a focus on Strength and Conditioning, these classes are designed to facilitate improvements in strength, improve body composition (decreasing body fat and increase muscle mass) and improve metabolic conditioning. Everything is personalized to your fitness level.

SIGN UP
TODAY!

**SMALL GROUP
PERSONAL TRAINING**