



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARCH

SMALL GROUP TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Women On Weights 8:30-9:30am Heather E		Women on Weights 8:30-9:30am Heather E				
Afterburn 6:15-7:15pm Angela		Afterburn 6:15-7:15pm Angela				

Afterburn

Session dates, 3/1-4/14. Group will not meet Spring Break week, 3/15 & 3/17.

COST: \$144 members
\$204 non-members

A total body workout to improve your overall functional fitness level and body composition. Class blends strength training and cardio using various equipment and your own body weight. This group is appropriate for all fitness levels.

Women on Weights (WOW)

Session dates, 3/1-4/14. Group will not meet Spring Break week, 3/15 & 3/17

COST: \$144 members
\$204 non-members

Strength training is finally getting the attention it deserves as a beneficial, safe and effective exercise for women. Strength training not only enhances muscle tone but also boosts metabolism, augments fat oxidation, builds bone density, and reduces injury risk. Learn proper weight-lifting

- Program sessions will be held with a minimum of 4 participants, pre-registered, **and are prorated at any time when registering after session has begun.**
- **Note that the above schedule can change without notice**
- **For more information,** contact Cyndi Waring at cyndi.waring@tampaymca.org. 813-684-1371 ext. 1611

PLEASE NOTE:

- Max Results Room is open for member use when Small Group Trainings are not being held and will close 10 minutes prior to start time of scheduled training.



Download our mobile app to view the full schedule or visit us on the web at www.tampaymca.org.