



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

F.I.T.F.A.S.T

with Abayomi Munro

F.I.T.F.A.S.T (Functional Introduction to Techniques for Fitness, Athletic, and Strength Training), is a class formulated to introduce you to proper techniques to help keep you safe while exercising. Though technique and safety are the main focus, this will be mostly a HIIT style class.

The program is broken into 3 volumes, each 8-weeks long:

Volume 1 will include of a combination of both calisthenics and basic functional movements, with the goal of building a solid physical and mental foundation. This class is designed for everyone at any fitness and experience level who is open to challenging themselves to achieve their goals. Volume 2 and 3 are both 8 week sessions as well and will immediately follow Volume 1.



SIGN UP
TODAY!

SMALL GROUP
PERSONAL TRAINING
Central City Family YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW! Small Group Personal Training Class

Try it out for FREE February 2 – 11 only

F.I.T.F.A.S.T

TUESDAYS & THURSDAYS @ 5:30pm
February 16 – April 8

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8-week session price:

\$96 for Members and \$160 for Non-Members.

Class will be held in the Max Results room on Tuesdays and
In the mind body studio on Thursdays.

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