



YARROW FAMILY YMCA

GROUP TRAINING

February

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am Low Impact Gerardo	8:30 am TRX Nick	9:00 am Boxing Bootcamp John	8:30 am TRX Nick	**NEW** 12:30 pm Mobility & Movement Lilly
9:00 am Boxing Bootcamp	9:00am Boxing Gerardo	11:30 am Low Impact Gerardo	11:00 am Butts & Gutts Cathy	
		NEW 12:30 pm Mobility & Movement Lilly		

SMALL GROUP CLASS DESCRIPTIONS

- ◆ **BOXING SESSIONS**— This class will be held outside studio 3 weather permitting, please bring gloves and wraps if possible.
- ◆ **BUTTS & GUTTS** - This class will target the abs and lower body for a great burn
- ◆ **LIIT** - This class is for everyone. Just beginning or experienced.
- ◆ **MOBILITY & MOVEMENT** - This class will guide you to move freely and easily, while teaching your proper mechanics
- ◆ **TRX** - This class teaches you the fundamentals of TRX while incorporating weights and bands. A great whole body workout.

SMALL GROUP TRAINING GIVES YOU

- ◆ Individual Attention
- ◆ 3-8 People
- ◆ Unique Workouts just for you
- ◆ Accountability with your trainer and friends

For More Information Contact Michelle Nakamura at mnakamura@sevymca.org