

# YARROW FAMILY YMCA SMALL GROUP TRAINING September



Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM Low Impact Gerardo	8:30 AM TRX Nick		8:00 AM Strength Training Gerardo	
	9:30 AM Boxing Gerardo	11:30 AM Low Impact Gerardo	8:30 AM TRX Nick	
<b>PILATES SMALL GROUP - EXTRA FEE</b>				
11:30 AM Pilates Verna		10:30 AM Pilates Verna		12:00 PM Pilates Pauli

## SMALL GROUP CLASS DESCRIPTIONS

- ◆ **BOXING SESSIONS** - This class will be held outside studio 3 weather permitting, please bring gloves and wraps if possible.
- ◆ **LIIT (LOW IMPACT)** - This class is for everyone. Just beginning or experienced.
- ◆ **TRX** - This class teaches you the fundamentals of TRX while incorporating weights and bands. A great whole body workout.
- ◆ **STRENGTH TRAINING** - This class is geared to resistance training and weight lifting to build muscle and endurance
- ◆ **PILATES**—Our Reformer Pilates is as type of exercise that focuses on improving flexibility, strength, and body awareness through controlled movements.

## SMALL GROUP TRAINING GIVES YOU

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

### NEW PILATES SMALL GROUP |

- ◆ Reformers
- ◆ Individual Attention
- ◆ Extra fee

For more information please inquire at front Desk