



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YARROW FAMILY YMCA

DECEMBER

SMALL GROUP TRAINING



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	
NEW GRAVITY TRAINING STARTING DECEMBER 4th				
11:30 AM Gravity Training Circuit Starting December 4th		12:00 PM Gravity Training Fusion Starting December 6th		12:00 PM Gravity Training Strength Starting December 8th

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

MORE CLASSES COMING IN 2024!

SMALL GROUP TRAINING GIVES YOU

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

NEW GRAVITY TRAINING

- ◆ Total Gym Machines
- ◆ Individual Attention
- ◆ Extra fee

For more information please inquire at front desk

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