



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Yarrow Family YMCA GRAVITY TRAINING

Small Group Starts December 4, 2023

## CLASSES:

- Monday, 11:30am Gravity Circuit Training
- Wednesday, 12:00pm Gravity Fusion Training
- Friday, 12:00pm Gravity Strength Training

## AUTO BILL PRICING

- 1 session per week \$120/mo.
- 2 sessions per week \$220/mo.
- 3 sessions per week \$270/mo.



## YARROW FAMILY YMCA

31105 Thousand Oaks Blvd., Westlake Village, CA 91362  
Questions? Michelle Nakamura Mnakamura@sevymca.org