



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YARROW FAMILY YMCA

# FEBRUARY

**BEGINS**  
**2/4/24**

## SMALL GROUP TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30AM</b> <b>STRENGTH TRAINING</b> <b>LEVEL 1</b> <b>GERARDO</b>	<b>8:30AM</b> <b>TRX</b> <b>NICK</b>	<b>9:30AM</b> <b>TABATA</b> <b>MICHELLE</b>	<b>8:00AM</b> <b>STRENGTH TRAINING</b> <b>LEVEL 2</b> <b>GERARDO</b>	
<b>11:30AM</b> <b>GRAVITY TRAINING</b> <b>CIRCUIT</b> <b>SYLVIE</b>	<b>9:30 AM</b> <b>BOXING</b> <b>GERARDO</b>	<b>11:30 AM</b> <b>STRENGTH TRAINING</b> <b>LEVEL 1</b> <b>GERARDO</b>	<b>8:30 AM</b> <b>TRX</b> <b>NICK</b>	<b>12:00 PM</b> <b>GRAVITY TRAINING</b> <b>STRENGTH</b> <b>PAULI</b>

### SMALL GROUP CLASS DESCRIPTIONS

- ◆ **BOXING SESSIONS** - This class will be held outside studio 3 weather permitting, please bring gloves and wraps if possible.
- ◆ **STRENGTH TRAINING LEVEL 1** - 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 LEVEL 2-** This class is geared to up your resistance training and weight lifting to build muscle and endurance as you move to the next level
- ◆ **TABATA**—This fast paced circuit will push you out of your comfort zone and constantly challenge you

### SMALL GROUP TRAINING GIVES YOU

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

#### GRAVITY TRAINING

- ◆ Total Gym Machines
  - ◆ Individual Attention
- For more information please inquire at front desk

For More Information Contact Michelle Nakamura at [mnakamura@sevymca.org](mailto:mnakamura@sevymca.org)