



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAY

## SMALL GROUP TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30AM STRENGTH TRAINING LEVEL 1 GERARDO</b>	<b>8:30AM TRX NICK</b>		<b>8:00AM STRENGTH TRAINING LEVEL 2 GERARDO</b>	
	<b>9:30 AM BOXING GERARDO</b>		<b>8:30 AM TRX NICK</b>	
			<b>2:00PM GRAVITY TRAINING GERARDO</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.
- ◆ **GRAVITY TRAINING**— This class is an incline body weight training system that works all major muscle groups on the Total Body Machine.

### SMALL GROUP TRAINING GIVES YOU

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

YARROW FAMILY YMCA

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