



# SMALL GROUP TRAINING



- INDIVIDUAL ATTENTION
- 4-8 PEOPLE



- UNIQUE WORKOUTS
- ACCOUNTABILITY



- 50-MINUTE SESSIONS
- SIGN UP FOR 1, 2 OR 3 CLASSES PER WEEK

## MONDAY

8:30AM  
**TREAD-N-SHRED**  
Fitness Floor  
Courtney

5:00PM  
**TEEN SPORTS & AGILITY TRAINING**  
Outside S3 | Sean

## TUESDAY

8:30AM  
**TRX**  
Studio 1  
Nick

9:30AM  
**BOXING**  
Outside Studio 3  
Gerardo

## WEDNESDAY

9:00AM  
**STRENGTH TRAINING**  
Outside S3 | EL

5:00PM  
**TEEN SPORTS & AGILITY TRAINING**  
Outside S3 | Sean

## THURSDAY

8:00AM  
**STRENGTH TRAINING**  
Outside S3 | Gerardo

8:30AM  
**TRX**  
Studio 1  
Nick

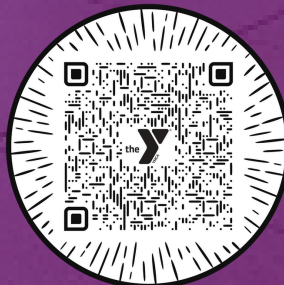
10:30AM  
**BOXING**  
Outside Studio 3  
Gerardo

## FRIDAY

9:00AM  
**RACKET SPORTS**  
Outside Studio 3  
Daniel

10:00AM  
**MOVEMENT & MOBILITY**  
Studio 4 | Brandon

**SIGN UP TODAY**



**NEW SCHEDULE STARTS MONDAY, OCTOBER 7, 2024**

**YARROW FAMILY YMCA**

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