



SMALL GROUP TRAINING



- INDIVIDUAL ATTENTION
- 4-8 PEOPLE



- UNIQUE WORKOUTS
- ACCOUNTABILITY



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

TUESDAY

8:30AM
TRX
Studio 1
Nick

THURSDAY

8:00AM
STRENGTH
TRAINING
Outside S3 | Gerardo

8:30AM
TRX
Studio 1
Nick

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

SIGN UP TODAY



NEW SCHEDULE STARTS MONDAY, NOVEMBER 11, 2024

YARROW FAMILY YMCA

31105 Thousand Oaks Blvd. Westlake Village, CA 91362 | 818.707.9622
QUESTIONS? Contact Michelle at mnakamura@sevymca.org