



NEW UNITE SEASON!

Join us May 2–7 for a free trial of UNITE Team Training! Our UNITE Season 3 officially starts May 9.

- Small group training led by dedicated coaches
- Seven-week season with two 50-minute workouts each week
- Morning and evening training options available
- Two fitness tracks to choose from—LIFE (functional strength and low-impact exercises) and FIT (functional strength and aerobic exercises)
- \$149 for YMCA members

Monday	Tuesday	Wednesday	Thursday	Friday
FIT 5:45 a.m. Caitlyn		FIT 5:45 a.m. Caitlyn		
	LIFE 6:45 a.m. Meighan		LIFE 6:45 a.m. Meighan	
	LIFE 8:00 a.m. Kellie		LIFE 8:00 a.m. Kellie	
		LIFE 9:30 a.m. Martha		LIFE 9:30 a.m. Martha
FIT 5:30 p.m. Caitlyn	FIT 5:30 p.m. Kristen/ Cheyenne	FIT 5:30 p.m. Caitlyn	FIT 5:30 p.m. Kristen/ Cheyenne	
	LIFE 6:45 p.m. Jodi		LIFE 6:45 p.m. Jodi	



Scan the QR code to learn more, then stop by the Welcome Center to sign up for your free session!