






# NEW UNITE SEASON!

Join us March 6–10 for a free trial of UNITE Team Training! Our UNITE Season 2 officially starts March 13.

- FIT in the Blue Gym
- LIFE in the Functional Training Room
- 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 (\$209 for non members)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FIT</b> 6:00am Caitlyn		<b>FIT</b> 6:00am Caitlyn		
	<b>LIFE</b> 6:45am Megan		<b>LIFE</b> 6:45am Megan	
	<b>LIFE</b> 9:30am Liv	<b>LIFE</b> 9:30am Martha	<b>LIFE</b> 9:30am Liv	<b>LIFE</b> 9:30am Martha
<b>FIT</b> 6:30pm Jodi	<b>LIFE</b> 6:30pm Jodi	<b>FIT</b> 6:30pm Jodi	<b>LIFE</b> 6:30pm Jodi	



Ask the YMCA Welcome Center about upcoming UNITE seasons and free UNITE trial weeks, or scan the QR code for details.