






FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

NEW UNITE SEASON!

UNITE Season 3 is here! Join us May 1–5 for a free trial of UNITE Team Training! UNITE Season 3 runs May 8 through June 23.

- Sessions will be held in either the Functional Training Room or the Blue Gym
- Two fitness tracks to choose from
- LIFE–functional strength and low-impact exercises
- FIT–functional strength and aerobic exercises
- \$149 for YMCA members (\$209 for non members)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	FIT 6:00am Caitlyn		FIT 6:00am Caitlyn		
	LIFE 7:00am Jodi	LIFE 6:45am Megan	LIFE 7:00am Jodi	LIFE 6:45am Megan	FIT 7:00am Jodi
FIT 2:00pm Jodi			LIFE 8:15am Martha		LIFE 8:15am Martha
		LIFE 9:00am Liv	LIFE 9:30am Martha	LIFE 9:00am Liv	LIFE 9:30am Martha



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