



UNITE SEASON 5

September 11–November 5

UNITE Season 5 officially starts September 11.
Try UNITE during FREE week September 11–17.

- Small group training led by certified coaches
- Morning and afternoon training available
- Eight-week season with two 50-minute workouts each week
- Two formats to choose from—
 - LIFE: Low impact , functional strength
 - FIT: High impact, aerobic functional strength

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIFE 7:00am Jodi	LIFE 7:00am Megan	LIFE 7:00am Jodi	LIFE 7:00am Megan	FIT 7:00am Jodi		FIT 2:00pm Jodi

Stop by the YMCA Welcome Center to register and learn more.