



# UNITE SEASON 6

November 13–December 31

## UNITE Season 6 Starts Soon!

- 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

### UNITE Free Week Schedule November 6–12

Monday November 6	Tuesday November 7	Wednesday November 8	Thursday November 9	Friday November 10
<b>FIT</b> 5:30 a.m. Caitlyn	<b>LIFE</b> 7:00 a.m. Meighan	<b>FIT</b> 5:30 a.m. Caitlyn	<b>LIFE</b> 6:45 a.m. Meighan	
			<b>LIFE</b> 9:00 a.m. Liv	

### UNITE Season 6 Schedule November 13–December 31

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FIT</b> 5:30 a.m. Caitlyn	<b>LIFE</b> 6:45 a.m. Meighan	<b>FIT</b> 5:30 a.m. Caitlyn	<b>LIFE</b> 6:45 a.m. Meighan	
	<b>LIFE</b> 9:00 a.m. Liv		<b>LIFE</b> 9:00 a.m. Liv	

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