



# UNITE SEASON 1

January 12–March 1

## UNITE Season 1 Starts Soon!

- Small group training led by certified coaches
- Morning 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 January 8	Tuesday January 9	Wednesday January 10	Thursday January 11
<b>FIT</b> 5:30 a.m. Caitlyn	<b>LIFE</b> 6:45 a.m. Megan	<b>FIT</b> 5:30 a.m. Caitlyn	<b>LIFE</b> 6:45 a.m. Megan
	<b>LIFE</b> 9:00 a.m. Liv		<b>LIFE</b> 9:00 a.m. Liv

### UNITE Free Week Schedule January 8–14

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

### UNITE Season 1 Schedule January 15–March 1

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