



UNITE TEAM TRAINING

March 11–April 28

Kickstart your year with an upbeat fitness routine! UNITE Team Training offers two fitness options in small group settings. All sessions are led by inspirational coaches to motivate you to new levels of strength and fitness. Teams meet twice a week during the seven-week season.

Choose your format and get started today:

LIFE: Low impact, functional strength

FIT: High impact, aerobic functional strength

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	LIFE 6:45 a.m. Megan		LIFE 6:45 a.m. Megan	FIT 5:30 a.m. Jodi		
	LIFE 9:15 a.m. Liv		LIFE 9:15 a.m. Liv			
						FIT 4:00 p.m. Jodi

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

For all questions please contact Megan Barton:
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