



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

Try UNITE for FREE April 29–May 5! Drop in during any of these schedule sessions:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIFE 6:00 a.m. Jodi	LIFE 6:45 a.m. Megan	LIFE 6:00 a.m. Jodi	LIFE 6:45 a.m. Megan	FIT 6:30 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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