



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN FUNCTIONAL FUNDAMENTALS



“MOVE IT.” FALL 2017 SESSION

Week of September 25 - Week of November 13 (8-Week Sessions)
OLEAN FAMILY YMCA

“MOVE IT.” is an effective, fun, functional program which has been created using unique Escape Fitness products. It is an all-over high-intensity workout which targets the whole body and will really test your muscular endurance and core strength. This program is great for beginners while also remaining challenging for more advanced athletes.

Workout Times: (please choose one from the list below)

Monday	5:30 AM with Molly (Keybank Studio) 8:30 AM with Margaret (Keybank Studio)
Tuesday	10:30 AM with Margaret (Spirit Studio) 5:30 PM with Pam (Spirit Studio)
Wednesday	5:30 AM with Molly (Keybank Studio) 4:30 PM MOM/DAD & ME with Heidi (Keybank Studio)
Thursday	10:30 AM with Margaret (Spirit Studio) 5:15 PM with Pam (Spirit Studio)

MEMBER COST: \$30 / PUBLIC COST: \$90

Add a second class in the same session, get \$5 off.

MOVE IT! Program is for ages 16+.

MOM/DAD & ME MOVE IT! Is for ages 10+ (one adult per child).

Registration opens Friday, August 25.

Space is limited. Sign up today!

