

GET INSPIRED. GET TOGETHER. GET RESULTS.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

4-Week Team Training

OLEAN YMCA

Give us 30 minutes, and we'll give you a fast paced fat burning workout to boost your metabolism and improve all areas of fitness (strength, balance and agility).

These 30-minute team training sessions utilize traditional bodyweight exercises, dumbbells and some new equipment for fun, efficient workouts. Enjoy the benefits of personal training at a lower cost.

Participants can expect accountability, support and motivation from a Y certified personal trainer. Minimum of five (5) participants needed to ensure session runs.

CHOOSE YOUR SESSION START DATE: Week of April 16th AND/OR Week of June 4th

CHOOSE YOUR TEAM TRAINING TIME:

Sign up for a second training time for an additional \$20.

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|-----------|---|
| Monday | 8:30 AM with Margaret |
| Tuesday | 5:30 AM with Molly 6:00 PM with Pam |
| Wednesday | 8:30 AM with Margaret |
| Thursday | 5:30 AM with Molly 6:00 PM with Pam/Gary |

Don't do it alone...
Sign up with
a friend.



COST: \$20 PER TEAM TRAINING TIME (4-WEEK SESSION)

YMCA Members ONLY. Age 16+

Team training times fill up quickly.

Sign up today!