



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET STRONGER MAKE FRIENDS HAVE FUN

Small Personal Training Groups BROOKS FAMILY YMCA

Purchase **Personal Training** in a small group of 3-4 people for targeted attention and great results in a fun and social setting! Join one of our NEW small **personal training groups**, available at set times:

| MON | TUES | WED | THURS | FRI | SAT |
|---|--|---|---------------------------------------|-----|--|
| 9:30-10:30am Bootcamp Heather | | 9:30-10:30am Weights for Women Heather | | | 9:00-10:00am Stronger Core & Better Balance Natasha |
| 10:30-11:30am Stronger Core & Better Balance Natasha | 10:30-11:30am Fit Over 50 Kelly | | 10:30-11:30am Fit Over 50 Kelly | | |
| 5:15-6:15pm Sweat and Shred Missy | 5:30-6:30pm Weights for Women Heather | 4:30-5:30 pm Athletic Conditioning Jae | 6 -7 pm Bootcamp Heather | | |

TO PURCHASE: Contact Kelly at kraichel@piedmontymca.org or 434-270-7549.