



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# **SMALL GROUP TRAINING**

## **HIGH INTENSITY INTERVAL TRAINING**

**BUILD ENDURANCE**

**BURN CALORIES AND FAT IN A SHORTER PERIOD OF TIME**

**BOOST METABOLISM**

**BUILD A HEALTHIER HEART**

**45-MINUTE CLASS TUESDAY/THURSDAY**

**9:00-9:45a or 5:00-5:45p**

**WOMEN ONLY MONDAY/WEDNESDAY**

**9:15-10:00a**

**\$100 per monthly session**

**REGISTER TODAY, CLASS SIZE IS LIMITED.**

**ASHLAND FAMILY YMCA**

[www.ashlandymca.org](http://www.ashlandymca.org)

**541.482.9622**