



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SMALL GROUP TRAINING

HIGH INTENSITY INTERVAL TRAINING

BUILD ENDURANCE
BURN CALORIES & FAT IN A SHORTER PERIOD OF TIME
BOOST METABOLISM
BUILD A HEALTHIER HEART

Choose the day and time that works for your schedule!

TUESDAY/THURSDAY

9:15-10:00a or 12:00-12:45

WEDNESDAY/FRIDAY

9:15-10:00a or 12:00-12:45p

\$100 per monthly session (8 classes)

FRIDAY

6:00-6:45a

\$50 per monthly session (4 classes)

LOCATION: FUNCTIONAL FITNESS ROOM

REGISTER TODAY, CLASS SIZE IS LIMITED.

ASHLAND FAMILY YMCA

www.ashlandymca.org

541.482.9622