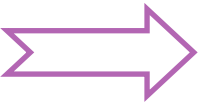




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW SMALL GROUP!

Small Group with a Personal Trainer



**WEDNESDAYS AT
7:15AM & 1PM**

**STARTING JULY 10th
WITH JESSICA OR ALISON**



Challenge your strength, balance, core, and cardio in a 4 week small group training. Small group combines the expertise of a personal trainer with the energy and motivation you feel from working with a group. Class format will change week to week but members will learn how to maintain proper form and properly use equipment. Get ready to break a sweat!

Questions? Dale Rowley at drowley@ymcaeastbay.org