



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SET GOALS TAKE ACTION!

JANUARY SMALL GROUP TRAINING

With small group personal training, you will find support and accountability in working towards your goals. Working in small groups, limited to four people, you will receive a more individualized experience as well as make new friends! Check out our January small group offerings below!

SMALL GROUP WITH A PERSONAL TRAINER

JAN 5 – JAN 26 (4 CLASSES) \$100

SUNDAYS 1:00PM-1:55PM

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! Instructed by **Alison**



INTRO TO WEIGHT TRAINING

JAN 8 – JAN 29 (4 CLASSES) \$100

TIME: WED 1-1:55PM

Do you want to begin a strength training program, but don't know how to get started? Join the small group Intro to Weight Training! Let's demystify squats, chest presses, rows, flys, and lunges together. All levels welcome. Instructed by **Starr**.

KETTLEBELL SMALL GROUP

JAN 10 – JAN 31 (4 CLASSES) \$100

TIME: FRI 11-11:55 AM

Increase your strength, balance, core, and cardio with kettlebells. Those new to kettlebells and seasoned kettlebell users welcome. Small groups combine the expertise of a one-on-one with the energy and motivation you feel from working with a class. Class format will change week to week but members will learn how to maintain proper form and correctly use kettlebells. Get ready to break a sweat! Instructed by **Natasha**.

