



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SET GOALS TAKE ACTION!

## MARCH 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 March small group offerings below!

### SMALL GROUP WITH A PERSONAL TRAINER

MAR 8 – MAR 29 (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](#)



### POSTURE AND MOBILITY

MAR 9 – MAR 30 (4 CLASSES) \$100

TIME: MON 1-1:55PM

Improve your posture, mobility, and flexibility by learning and exploring exercises that target core musculature. This small group will incorporate props such as the foam roller, mini-ball, weights, and gliders. Instructed by [Alison](#).

### PILATES BODY

MAR 11 – APRIL 1 (4 CLASSES) \$100

TIME: WED 1-1:55 PM

A Pilates focus around the joints: one of the biggest benefits of Pilates is the increase in flexibility and strength to muscles around the joints. Pilates can also help relieve pressure and pain in these vulnerable spots. In these 4 sessions, we will work specifically with feet/ankles, knees, hips & shoulders along with stabilizing the abs and spine for posture. Instructed by [Starr](#).