



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

S.H.R.E.D

Stations, High-Intensity, Resistance, Endurance, Drive
TOTAL HEALTH ROOM

DESCRIPTION

Ready for a change in your workout? This class will use P90X and Cross Fit concepts to help you build muscle and endurance. By alternating between many different moves, you will continue to see results and avoid plateaus. Affordable and fun, Small Group Personal training is done in a group of 3-5 to minimize cost yet maximize personal attention.

PROGRAM DETAILS

When: January 12 - February 16

Thursdays 6:15 pm - 7:15 pm

Costs: \$108 FM / \$168 PM

REGISTER NOW

Register online at daleturnerymca.org, or in house at the Member Service Desk in the lobby.

For more information please contact
Sean Klever at sklever@seattleyymca.org
or call 206 569 7007

