



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE IT TO THE NEXT LEVEL

S.H.R.E.D.

TOTAL HEALTH ROOM

STEP IT UP A NOTCH

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 movements, you will continue to seeing 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.

[Registration is open. Sign up online today at daleturnerymca.org](http://daleturnerymca.org)

FEB 29 – APRIL 4 (6 WEEKS)

Wednesdays 6:15 am - 7:15 am

Ages 18+

\$108 Facility Member

\$168 Program Member

For more information, please contact Sean Klever, Health & Well-Being Operations Director, at sklever@seattleyymca.org or by phone at 206.569.7007

