



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEET YOUR GOALS TOGETHER

## Small Group Personal Training

Experience the extra attention from a Personal Trainer while still enjoying the community of a 3-5 person small group. Trainers offer creative programming that suits your specific needs and may use equipment not typically available in a group exercise class. Modifications are provided based on your individual health history and fitness goals. You achieve safe, progressive results at an affordable rate.

Watch for exciting new small group personal training formats coming soon, such as: TRX® suspension training, heavy rope training, or martial arts for self defense.

### MAKE IT YOUR OWN! CUSTOMIZE YOUR VERSION

Join an existing group or gather a few friends and create your own small group of 3-5 people. Discuss similar goals with a Personal Trainer and design a fitness program that you can enjoy with the social support of new or old friends.

For other popular formats, please see reverse side.

Register at Member Services. A Personal Training Exercise Readiness and Release Form is required at registration.

For more information contact Jenny Ferreira at [jferreira@seattleyymca.org](mailto:jferreira@seattleyymca.org) or call 425 485 9797.

### 4 WEEK SESSIONS 3-5 PEOPLE WITH TRAINER

Classes Per Week	Facility Members	Program Members
1	\$80	\$132
2	\$160	\$264

\*Compare to \$60/1 hour session  
one-on-one personal training





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### POPULAR FORMATS

#### FREE WEIGHTS 101

Strength conditioning that uses free weights such as dumb bells, barbells, medicine balls and other resistance equipment to challenge your body in new and different ways. Receive special attention to form and posture to safely maximize your cross-training results.

January 5-26  
Thursday 4:00-5:00 pm

#### NEW YEARS CHALLENGE: NEW YEAR, NEW YOU

Cardio and strength conditioning 3 times a week. Challenge yourself to see fast results. A great way to jumpstart your fitness with the support of a personal trainer and the companionship of a small group.

January 11-30  
Monday, Wednesday, Friday 9:30-10:30 am

#### YOGA FOR A SMALL GROUP

Are you interested in restorative, focusing on the lower back, prenatal or athletic forms of yoga? Let us know if you would like to arrange a customized yoga course for a small group! An experienced yoga instructor will provide individualized attention to proper form and ensure a safe and effective training session.

#### WOMENS CHALLENGE

Fight off stress and build up your energy with this total body conditioning class just for women.

January 10-February 3  
Tuesday and Friday 10:45-11:45 am

January 4-25  
Wednesday 5:45-6:45 pm

January 13-February 3  
Friday 2:30-3:30 pm

#### STRENGTH AND CONDITIONING: BOOT CAMP STYLE

Push-ups, sit-ups, jumping jacks. Work out the tried and true way! Improve your strength, stamina, agility, flexibility with this hard core workout.

January 9-February 1  
Monday and Wednesday 6:30-7:30 pm  
Northshore YMCA

January 5-January 31  
Tuesday and Thursday 1:00-2:00 pm  
The Y at the Carol Edwards Center  
17401 133rd Ave NE, Woodinville WA 98072

