



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

## Small Group Training | April 23 – May 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cycle &amp; Yoga</b> 8:45-9:30 a.m. Linette \$40/\$80		<b>Syngery Boot Camp</b> 9:00-9:45 a.m. Ro \$50/\$100			
	<b>Outdoor BootCamp</b> 10:00-10:45 a.m. Ro \$50/\$100				
<b>Syngery Boot Camp</b> 5:30-6:15 p.m. Ro \$50/\$100					
<b>Group Cycle</b> 6:00-6:45 p.m. Sheila \$40/\$80		<b>Youth Fitness &amp; Conditioning</b> 6:30-7:15 p.m. Becca \$7/\$14 (per class)			

**Cycle & Yoga:** Class starts interval training on the stationary bike to boost cardio endurance. Then participants enjoy a variety of Yoga poses ending with a long stretch and seated meditation. Using the TRX Suspension Trainers as well.

**Group Cycle:** A challenging 45 minute ride that will combine strength and endurance components associated with cycling. All levels welcome.

**Outdoor Boot Camp:** In this small group training class, enjoy the weather and take your fitness outside! Flip tires, use battle ropes, slam medicine balls, and more during this fun fitness program. All done outside!

**Syngery Boot Camp:** In this smaller group class, you will get an effective, functional and fun workout using the Syngery 360. You can expect to build muscle and burn a ton of calories using the TRX Suspension Trainer, medicine balls, kettlebells, plyometrics, cable machine and more.

**Youth Fitness & Conditioning:** Kids, ages 10-13, will work up a sweat in a positive, high-energy environment with a supervised training program designed to improve strength, power, flexibility, and build muscle. This class will teach participants proper form so they become comfortable using exercise equipment, including dumbbells, kettlebells, and other equipment.

