



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FINISH YOUR FITNESS YEAR OFF WITH TRX! NEW SESSIONS STARTING SOON!

Classes for all fitness levels:

Basic Mondays 5:30 pm starts Nov. 14th
Mondays 7:20 am starts Nov. 7th

Basic/Intermediate Wednesdays 6:30pm starts Nov. 9th
Fridays 10:45am starts Nov. 11th

Advanced Tuesdays 10:30 am starts Oct. 25th
Thursdays 10:30am starts Oct. 27th

Strength Circuit Saturdays 10:30am starts Nov. 19th
Fridays 5:45am starts Nov. 11th

Registration begins October 24th
\$80 for each six week session

Reserve your space
Each class is limited to 6 participants

See the Welcome Center for more details
For more information please contact Brooke Lynch at
Brooke.lynch@ymcatriangle.org

Kerr Family YMCA
www.ymcatriangle.org

