



Get Your FIERCE On.
Get Your FIT On.
GET YOUR GRIT ON!

Jan 8-Feb 3 (registration opens 12/18)

Feb 5 - Mar 3 (registration opens 1/22)



A 30-minute high intensity interval workout program that combines strength, cardio, and plyometric exercises to get you super fit, super fast!

NORTH AREA FAMILY YMCA

MONDAY– Strength 6am OR 5:15pm
Group Exercise Studio/Multi Purpose Room

FRIDAY– Plyometric/Cardio 6am
Group Exercise Studio

SATURDAY– Cardio/Plyometric 7:45am
Group Exercise Studio

TO REGISTER

Please sign up at Member Services for this Small Group Class.

Cost: \$60/month

14 participant maximum.

No refunds, non-transferable.

Registration is now open