



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMIT TO BE FIT

Small Group Fitness Class EAST AREA FAMILY YMCA

Choose from ONE of the following days:

Monday 9:30am - 10:30am

Wednesday 6:00pm - 7:00pm

Saturday 9:00am - 10:00am

Price: \$35 per member

*Registration is required.

Commit To Be Fit is a perfect way to kick off your commitment to your health and wellness goals.

The workouts consist of cutting edge and scientifically sound functional cardiovascular and resistance training aimed to get you in shape and help FEEL YOUR BEST! Designed for all levels, a certified coach will expand your limits of strength, endurance, flexibility, balance and core.



Included in the program:

- Commit To Be Fit Tshirt
- PREVA Data Chip
- Nutritional handouts and recipes
- Setting weekly goals with your coach
- Weigh in
- Body Composition

For more information, contact **Monika McKee**
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