



LES MILLS GRIT

This 30 minute High-Intensity Interval Training class brings the power of Personal Training with the motivation of a team with a combination of Strength, Plyometrics & Cardio. This 6 week program will burn calories fast while bringing your workout to a new level. \$75 for two days a week.

Must register at Member Services.

For more information, contact Monika McKee; Member Wellness Coordinator
mmckee@syracuseymca.org; 315.637.2025 ext 225

MONDAYS & WEDNESDAYS

9:30am - 10:00am

All classes held in the gym



**PUSH YOURSELF
TO ACHIEVE
YOUR GOALS.**