



# 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. Classes begin June 26th. \$75 for two days a week, 6/26 - 8/1. Must register at Member Services.

For more information, contact Monika McKee; Member Wellness Coordinator  
[mmckee@syracuseymca.org](mailto:mmckee@syracuseymca.org); 315.637.2025 ext 225

**MONDAYS & WEDNESDAYS**

**9:30am - 10:00am**

**\*All classes held in the gym\***

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**PUSH YOURSELF  
TO ACHIEVE  
YOUR GOALS.**