

# Y-FIT



## CUTTING EDGE, HIGH INTENSITY FITNESS PROGRAM

PLYOMETRICS OLYMPIC LIFTS CARDIO ENDURANCE WEIGHT TRAINING

Shed body fat, and increase your energy, speed and metabolism  
to EXPLODE through your fitness plateau!

### NORTH AREA FAMILY YMCA

Monday & Wednesday 5:30-6:30pm

Tuesday & Thursday 5:45-6:45am  
7:00-8:00am  
9:30-10:30am

### NORTHWEST FAMILY YMCA

Monday & Wednesday 5:45-6:45am  
9:30-10:30am

Tuesday & Thursday 5:00-6:00pm  
6:00-7:00pm

Drop-in classes available on Saturday mornings at 9:30am at NORTHWEST  
for members who would like to try Y-Fit. Members only / \$5

**MEMBERS ONLY / \$45 PER MONTH / DROP IN CLASSES EXTRA \$5/CLASS.  
REGISTER THROUGH MEMBER SERVICES.**