

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Small Group Training Class Schedule

February 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.		Hard Core David		Hard Core Larry		Hard Core David 8:30
9:30 a.m.	Hard Core Cindy R		Hard Core Scott	Kettlebells Scott	Hard Core Cindy R	Hard Core David
10:30 a.m.	Function Over 50 Page	FREE! Crazy Fit Tuesdays 6:00 pm Meet outside in NE parking lot	Function Over 50 Page			
4:15 p.m.	Hard Core Larry		Hard Core Larry	Dr. Caroline Cederquist Hormones / Weight Gain Friday, February 19 th 10:30 AM Sign Up at Member Services Desk FREE		
5:15 p.m.	Tween Boot Camp* Larry / Cindy		Tween Boot Camp* Larry / Cindy			
6:00 p.m.	Kettlebells Bob	NEW!!! Tweens Boot Camp Ages 8-12 Register at Member Services Desk				

***NEW! 'Tween Boot Camp for ages 8-12** February 15 – March 10. Please register by February 13th. Cost for 8 classes: YMCA Members = \$40; Non-Members = \$80

Punch cards are available at the Member Services Desk for all Adult Classes (minimum age = 13):

- Individual classes \$8 each
- 10 class punch card \$50 (\$5 per class)
- 20 class punch card \$80 (\$4 per class)

Punch cards are for individual use only – no shared punch cards.
Punch cards expire 90 days from purchase.

Reserve your space in class by picking up a Group Training pass at the Member Services Desk. Passes are available up to 90 minutes prior to class and must be picked up IN PERSON.

Maximum per class = 12 participants

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www.ymcapalms.org



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.