



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# HEALTHIER TOGETHER

**SMALL GROUP TRAINING (SGT)  
Over 30 FREE Workouts a Week!**



MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am & 6:45am SGT Alarie	5:45am & 6:45am SGT Ashley	5:45am & 6:45am SGT Erika	5:45am & 6:45am SGT Jack	5:45am & 6:45am SGT Alarie	8:30am & 9:30am SGT SGT Trainer	10:15am SGT Erika/Leila
			8:15am SGT VHY Aaron			
8:30am SGT Basem	8:30am & 9:30am SGT Joanne	8:30am & 9:30am SGT Ashley	8:30am & 9:30am SGT Joanne		9:00am KINESIS SGT Kim	**11:15am FAMILY SGT Irene
9:30am TRX SGT Basem	10:00am KINESIS SGT Kim	8:30am KINESIS SGT Kim	9:00am & 9:30am KINESIS SGT Kim	8:30am & 9:30am SGT Leila	10:30am SGT Ages 9+ Paige	
9:30am KINESIS SGT Kim	4:30pm SGT Ages 9+ Aaron	10:30am TRX SGT Leila	10:30am TRX SGT Basem	9:30am KINESIS SGT Kim		
4:45pm KINESIS SGT Kim	5:30pm KINESIS SGT Aaron	4:45pm KINESIS SGT Kimmie	4:30pm SGT Ages 9+ Aaron			
5:30pm TEEN SGT VHY Aaron	6:30pm SGT Trainer	5:30pm SGT VHY Brady	6:00pm KINESIS SGT Aaron			
6:30pm SGT Kim		6:30pm SGT Carmen	5:30pm / 7:30pm TEEN SGT VHY Irene			
			6:30pm SGT CVY Paige VHY Carmen			

\*\*Family SGT is held on the 2nd Sunday of every month.

**To register:** Go online [www.ymcafoothills.org/small-group-training](http://www.ymcafoothills.org/small-group-training) follow link to REGISTER and set up Mind Body account (you can register for workouts up to 48 hours in advance) OR scan QR code. Teens & Kids SGT do not need advance reservations

Questions? Contact [jkendall@ymcafoothills.org](mailto:jkendall@ymcafoothills.org)

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