

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Small Group Training Class Schedule

September 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.		Hard Core David		Hard Core Larry		Hard Core David <b>8:30</b>
9:30 a.m.	Hard Core Cindy	<b>Intro to Pilates / Yoga</b> Saturday, 9/25 <b>12:00-12:45 pm</b> Aerobics Studio	Kettlebells Laurie	<b>Intro to Spin</b> Saturday, 9/18 12:00-12:45 pm	Hard Core Cindy	<b>CRAZY FIT</b> Saturdays <b>9:45 AM</b> <b>FREE!</b>
4:15 p.m.	Hard Core Larry		Hard Core Larry		Hard Core David	
6:00 p.m.	Kettlebells Bob		<b>'Tween Boot Camp</b> Ages 8-12 See Flyer for Details			

**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

**Greater Naples YMCA**  
5450 YMCA Rd | Naples, FL 34109  
Telephone: (239) 597-3148  
Fax: (239) 597-8415

[www.ymcapalms.org](http://www.ymcapalms.org)



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