



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

South Amboy YMCA  
 Spring I March 9—April 26

# SMALL GROUP TRAINING SCHEDULE

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9-10:00am <b>Tackle the Turf Boot Camp</b> Dean Z. \$91	
	3:30-4:15pm <b>Youth Sports Conditioning</b> Gio Ages 10-12 \$70				11am-12:00pm <b>Teen Sports Conditioning</b> Dean Z. Ages 13-17 \$91	
	4:30-5:30pm <b>Teen Strength</b> Dean M. Ages 12-17 \$91		4:30-5:30pm <b>Teen Strength</b> Dean M. Ages 12-17 \$91		12-1:00pm <b>Resistance Training</b> Debbie \$91	
6:15-7:15pm <b>Build &amp; Burn</b> Debbie \$91	7-8:00pm <b>Cycle Interval Challenge</b> Debbie \$91			<b>Benefit from working closely with            one of our certified            Personal Trainers for a 7-week            session at a fraction of the cost!            Space is limited to 8 participants.</b>  <b>REGISTRATION REQUIRED</b>		
8:30-9:30pm <b>H.I.I.T. Dance</b> Debbie \$91						