



# Group Training Schedule

Winter 2012	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10am	Group PT		Group PT			
	9:00am	**Semi-Private		**Semi-Private			Semi-Private
	10:00am	Semi-Private	**Group PT	Semi-Private	**Group PT	Friday Challenge	Group PT
	11:00am	Stronger Living		Stronger Living			
	12:15pm	Semi-Private	Group PT	Semi-Private	Group PT	Friday Challenge	
	4:30pm		Semi-Private		Semi-Private	Friday Challenge	
	5:30pm	Group PT	Semi-Private	Group PT	Semi-Private	Friday Challenge	
	6:30pm	Semi-Private	Group PT	Semi-Private	Group PT		

**\*\*New Class Times\*\***

## Group Personal Training- Unlimited \$30 per Month.

This dynamic, functional movement 45 minute class is a can't miss program - a combination of Aerobic Exercise and Resistance Training. Our Boot Camp style class is a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and break through plateaus! We have high expectations for our participants and we go the extra mile to make sure that you will be successful!

## Semi-Private Training-Unlimited Group and Semi-Private \$70 per Month.

Personal training with 2 to 6 participant's features the workout of the day. Monday-Thursday the workouts are intended to work all major muscle groups while teaching proper technique and giving personal attention to each exercise and participant.

**Stronger Living- 2 times per week- \$30 per Month.** The Yakima Athletic Clubs **Stronger Living** Group Training is customized for our active older adults! Our fitness professionals combine aerobic, flexibility, and strength training in a positive, energizing environment. Exercises included are designed to increase flexibility, joint stability, balance, agility, muscular strength, core strength and cardiovascular endurance. Don't miss out on this exceptional class! Build a stronger and healthier you today!

**-3 Month Minimum Commitment-**

