



DIVERSIFY YOUR TRAINING ROUTINE WITH SPECIALTY FITNESS

Our Specialty Fitness classes offer limited class sizes so you can improve your fitness in a semi-private atmosphere. We're proud to offer high-quality programming at a competitive rate to members who wish to augment their standard membership.

FREE CLASS OFFERINGS RUNNING OCTOBER 19 UNTIL OCTOBER 31

| | MONDAY | WEDNESDAY | THURSDAY |
|----------|---|---|---|
| 6:15 AM | | Aqua Boot Camp Mike Johnson | |
| 9:30 AM | | | Active Older Adult Functional Training Matt Dresser |
| 10:00 AM | Open Small Group Training Matt Dresser | | |
| 4:30 PM | Student Sports Performance Carrie Mathwig | Student Sports Performance Carrie Mathwig | |

We are offering all of these classes for **free through October 31!**

Non-Members who are **STRONG** participants can use a day passes to attend a class for **FREE!**

Class size is extremely limited. Please **RESERVE** your spot on our website www.ymca-cv.org/reservations or call the Member Service Desk at 715-723-2201.

FOR A LIMITED TIME ONLY, THESE CLASSES ARE FREE, FREE, FREE!

Beginning in November, members 12 years and older will have unlimited access to all high-quality Specialty Fitness programming for an **additional fee:**

- \$50 per individual per month
- \$75 for two people in the same household per month
- \$100 for all members of the household per month



NO CONTRACTS. NO COMMITMENTS. PAY MONTH-TO-MONTH.

CLASS DESCRIPTIONS

Active Older Adult Functional Training - Learn and develop the essential movements in fitness to increase your functionality and overall health. In this class you will learn how to individualize some of the most effective exercises to your ability level while improving mobility, strength, and endurance while learning key workout principles that will be taught as you become a stronger and more functional version of yourself.

Student Sports Performance – Student Sports Performance is designed to meet students where they're at and help them reach their full potential. Whatever the sport, the youth of today are developing earlier each year and it's vital to their success that they have the basic athletic fundamentals of body awareness, coordination, balance, speed, strength, and agility to maximize their full athletic abilities and reduce injuries.

Aqua Boot Camp – Improve cardiovascular fitness and total body strength! This class will incorporate a variety of formats, including intervals, cardio, strength and more!

Open Small Group Training - Small group training offers the camaraderie of a group - you'll sweat together, laugh together, and reach goals together - all while getting expert instruction and coaching from our Certified Personal Trainers! With a maximum of 8 participants per class, our trainers can focus in on an individual's needs to provide proper technique and encouragement.

COMING IN NOVEMBER

- Women's Strength Training
- Kickboxing/Core
- Additional offerings for Active Older Adult Functional Training
- More Student Sports Performance offerings

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CHIPPEWA FALLS YMCA

