



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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-6:45 AM			Boot Camp Yoga Blend Brittany		Boot Camp Yoga Blend Brittany
12:15-1 PM		Fundamentals of Weight Lifting Nik			
5-5:45 PM	Student Sports Performance Zak		Student Sports Performance Zak	Fundamentals of Weight Lifting Nik	

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

Boot Camp Yoga Blend - Make the transition into early morning exercise a little easier with a yoga warm up that wakes your body and prepares you for an energizing 30 minutes of intense full body strength and cardio. 10 minute yoga warm up, 30 minute Boot Camp (full body cardio and strength), 5 minute yoga cool down.

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.

Fundamentals of Weight Lifting - Learn and develop the essential movements in weightlifting and the key principles involved including sets, reps, tempo, posture, and technique.

ADDITIONAL OFFERINGS COMING IN NOVEMBER!

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 715-836-8460.

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EAU CLAIRE YMCA

