

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Small Group Training Class Schedule

July 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.		Hard Core David		Hard Core Larry		
9:30 a.m.	Hard Core Cindy R		Hard Core Cindy S	Kettlebells Laurie	Hard Core Cindy R	Hard Core David
10:30 a.m.	Function Over 50 Cindy				Function Over 50 Cindy	
12:00 p.m.					Pot Luck Rotation*** (no charge for noon classes)	
4:15 p.m.	Hard Core Larry		Hard Core Larry		4 <sup>th</sup> of July Regular Class Schedule YMCA Open 8:00 – 1:00	
5:15 p.m.		Hard Core Cindy		Hard Core Cindy		
6:00 p.m.			Kettlebells Bob			

**\*\*\*Pot Luck Rotation:**

- 1<sup>st</sup> / 3<sup>rd</sup> Fridays – Kettlebells with Bob / Larry
- 2<sup>nd</sup> / 5<sup>th</sup> Fridays – Hard Core with Cindy / Larry
- 4<sup>th</sup> Fridays – Boot Camp with Michele

**Punch cards are available at the Member Services Desk:**

- 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 = nine participants

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[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.