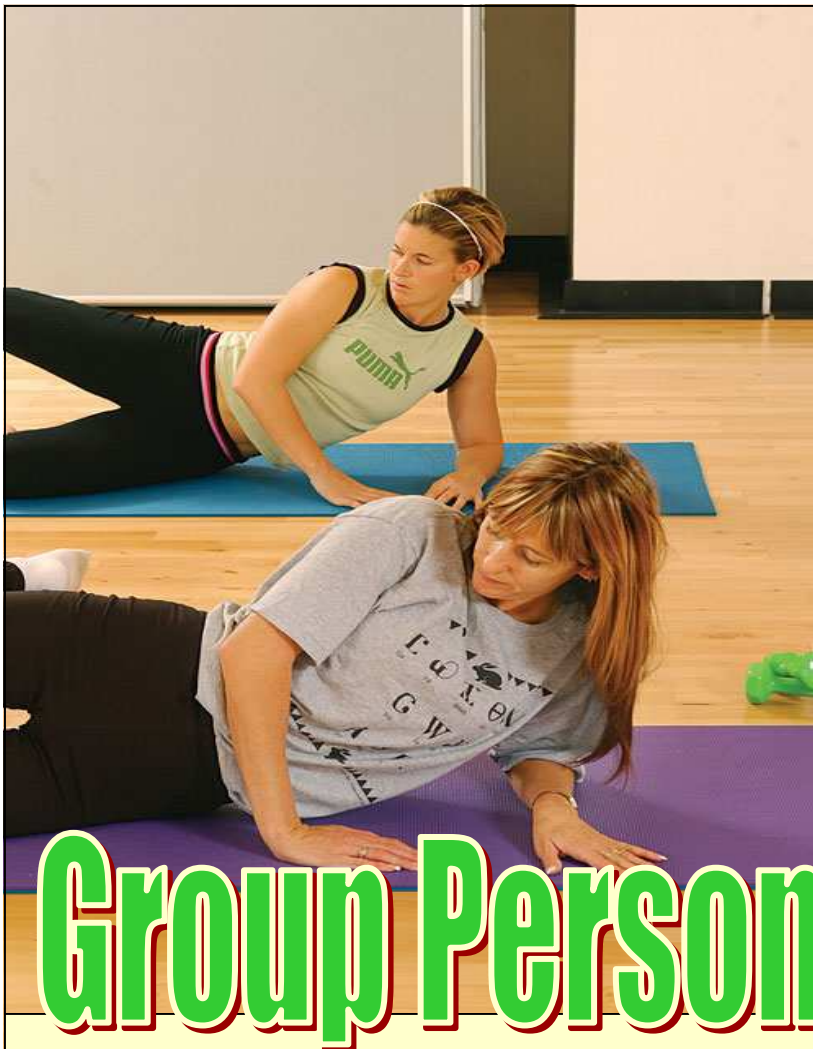


YHEALTH & WELLNESS

We build strong kids, strong families, strong communities.



Can't afford a personal trainer but want the results you get when working with one?

Do you need help morphing into the fit, athletic person you know you could become?

Small Group Training is for YOU!

Group Personal Training

Training & Lifestyle Coaching

Mondays 10:00-11:00am

Training includes cardiovascular, strength & toning, nutrition for your optimal weight and a step by step plan to get you where you want to go.

Pilates Circuit

Tuesdays 8:30-9:30am

An all over conditioning class utilizing mat exercises, Pilates Reformers, Cadillac, Ladder Barrel and Chair. Take your Pilates conditioning to the next level!

Tone up for Summer

Wednesdays 6:00-7:00pm

Thursdays 10:00-11:00am or 5:30-6:30pm

Weight training program designed with your goals in mind!

**Fees: \$75.00
(6) 1-hr Sessions**

**Minimum of 4 participants per class /
Maximum of 8**

Train with your friends!

**Contact: Greta Boris
gboris@ymcaoc.net
949-380-3519**