

FALL
2017



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUSPEND YOUR DISBELIEF

TRX SUSPENSION TRAINING

REGISTER TODAY

SESSIONS

Aug. 28th—Sept. 21st
Oct. 2nd—Nov. 22nd

DAYS/TIMES

Monday 12:10-12:45pm
Tuesday 5:15-6am
Wednesday 12:10-12:45pm
Thursdays 5:15-6am

*Thursdays Only available Aug. 28– Sept. 21

FEES

4 Week Sessions (1 d/wk)
Member: \$20/ Non-Member: \$40

8 Week Sessions (1 d/wk)
Member: \$40 / Non-Member: \$80

INSTRUCTORS

Brandon Hammond (Monday/Wednesdays)
Leah Stade (Tuesday/Thursdays)



Register Online or at our Welcome Center!

Hallie Ganz — Group Exercise Manager — Kearney Family YMCA — hganz@kearneyymca.org