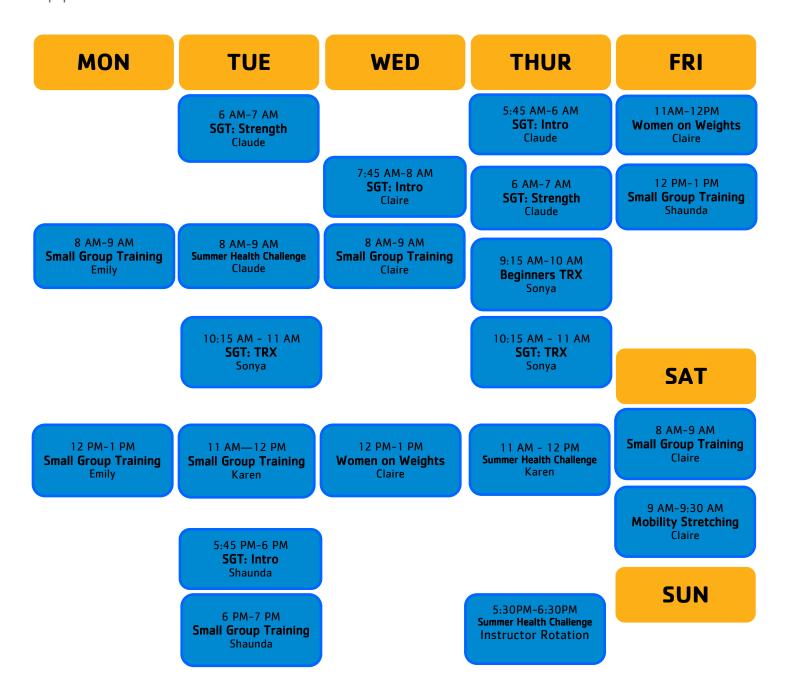


Y+STUDIO CLASS SCHEDULE BENJAMIN HARRISON YMCA

The YMCA's +Studio Membership is for people who want an all inclusive approach to their training. Small Group Training is lead by a Certified Trainer who serve as "coaches" to challenge small teams of 6-12 people to achieve a higher level of fitness through science-based, month-long, progressive training using circuit, interval and cardio equipment.



Y Members: \$53/month Drop-in: \$15/class

MEMBERS TRYING A +STUDIO CLASS FOR THE FIRST TIME CAN ATTEND <u>ONE</u> FOR FREE! Workouts are limited and are on a first come, first served basis.

For more information, please contact Jacob Martin at jmartin@indymca.org