



# SMALL GROUP TRAINING (SGT) SCHEDULE HENDRICKS REGIONAL HEALTH YMCA June 2019

The YMCA’s SGT Program is for people who want an extra edge in their training. Certified trainers 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.

Unlimited workouts are \$60 per month for Y Members and \$125 for All Others. **SIGN UP AT THE MEMBER SERVICES DESK.**

MON	TUE	WED	THUR	FRI	SAT
PLAY & LEARN HRS: 8am-2pm, 4-8pm	PLAY & LEARN HRS: 8am-2pm, 4-8pm	PLAY & LEARN HRS: 8am-2pm, 4-8pm	PLAY & LEARN HRS: 8am-2pm, 4-8pm	PLAY & LEARN HRS: 8am-2pm, 4-8pm	PLAY & LEARN HRS: 8am-2pm
5:15-6 AM T.E.A.M. Training	5:15-6 AM T.E.A.M. Combat	5:15-6 AM T.E.A.M. Training	5:15-6 AM T.E.A.M. Combat		
	9:30-10:15 AM T.E.A.M. Training		9:30-10:15 AM T.E.A.M. Training		
					<b>SUN</b> PLAY & LEARN HRS: CLOSED
6:15-7:15 PM T.E.A.M. Combat		6:15-7:15 PM T.E.A.M. Combat			

**Y Members:** \$60/month      **Drop-in:** \$10/class  
**All Others:** \$125/month      **Drop-in:** \$20/class  
**YMCA Personal Training Clients:** Add SGT for only \$35/month!

**#OneTeamOneGoal**  
**#SmallGroupTraining**

**MEMBERS TRYING SGT FOR THE VERY FIRST TIME CAN ATTEND 1 WORKOUT FOR FREE!**  
**Workouts are limited and are on a first come, first served basis.**

For more information, please contact Kyle Iacona at [kiacona@indymca.org](mailto:kiacona@indymca.org).