



SMALL GROUP TRAINING (SGT) SCHEDULE HENDRICKS REGIONAL HEALTH YMCA January 2020

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.

| MON | TUE | WED | THUR | FRI |
|----------------------------------|--------------------------------------|---------------------------------|----------------------------------|----------------------------------|
| 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 | |
| | 8:45-9:30 AM T.E.A.M. Aqua (pool) | | | |
| | 10-10:45 AM T.E.A.M. Training | 10-10:45 AM T.E.A.M. Combat | 10-10:45 AM T.E.A.M. Mobility | |
| 11-11:45 AM T.E.A.M. Training | | | | 11-11:45 AM T.E.A.M. Training |
| 6:00-6:45 PM T.E.A.M. Combat | | 6:00-6:45 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!

**ONE ONE
TEAM GOAL
YMCA SMALL GROUP TRAINING**

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 lacona at kiacona@indymca.org.