



RANSBURG YMCA SCHEDULE: July Small Group Training\$

MON	TUE	WED	THURS	FRI	SAT
PLAY & LEARN HRS: 8AM-1PM, 4PM-8PM	PLAY & LEARN HRS: 8AM-1PM, 4PM-8PM	PLAY & LEARN HRS: 8AM-1PM, 4PM-8PM	PLAY & LEARN HRS: 8AM-1PM, 4PM-8PM	PLAY & LEARN HRS: 8PM-1PM, 4PM-6:30PM	PLAY & LEARN HRS: 8AM-1PM

8:30AM-9:15AM
Small Group Training(\$)
STRENGTH
Studio, Bekah
8WK PROGRAM

5:15AM-5:45AM
Small Group Training(\$)
Studio, Angie

8:30AM-9:15AM
Small Group Training(\$)
STRENGTH
Wellness, Bekah
8WK PROGRAM

5:15AM-5:45AM
Small Group Training (\$)
Studio, Angie



9:00AM - 10:00AM
TRX (\$)
Family Gym, Russ

11:00AM - 11:45AM
Small Group Training (\$)
STRENGTH
Wellness, Matthew



11:00AM - 11:45AM
Small Group Training (\$)
STRENGTH
Wellness, Matthew



11:00AM - 11:45AM
Small Group Training (\$)
STRENGTH
Wellness, Matthew



Y+ Studio is a paid monthly program.

- ⇒ Open to Members & Non-Members
- ⇒ 20 Day Trial Option
- ⇒ Family discounts eligible for more than one participants
- ⇒ Contact Kat Maxwell the Wellness Director, kamaxwell@indymca.org for more details or check out the Small Group Training on the Core Member Site

Indy.recliquecore.com