



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET INSPIRED. GET TOGETHER. GET RESULTS

## SMALL GROUP TRAINING

**Are you looking for a safe workout with a few family members or friends?**

**Are you all of similar goals and interests?**

Try our new Small Group Training options. You workout in a private, small group but receive personalized attention. We will adapt to the groups specific needs. This is an Affordable option for personalized fitness.

- \$50 per person for 5 one hour sessions
- Minimum 3 and maximum 6 per group
- 5 one hour sessions included and can be scheduled once or twice a week
- Taught by certified Strength and Conditioning Trainers, Personal Trainers, Group Exercise Instructors & Yoga Instructors
- Safe and private room and environment – Aerobic Studio 3
- Bring your group of 3-6 to us and we will do our best to accommodate your time/day
- Sign up as an individual and we will place you with a group of similar interests
- You decide your workouts and your interest and we will place your group with the appropriate trainers



### **Options of workout emphasis**

**Create a personalized Specialty Class that meets our needs**

- Building strength
- Building muscle
- Toning and conditioning
- Cardiovascular emphasis
- Flexibility, balance and yoga
- Kickboxing and martial arts
- Overall fitness
- Functional fitness
- Sport specific training

#### ***We have health protocols in place***

- Wearing Masks when not 6 feet apart
- Participants will maintain social distancing of 6 feet or more
- No physical contact
- The participants and instructor will be responsible for sanitizing equipment before and after use

For more information call Heather Wright at 740-725-9622 or [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org)