



# GET INSPIRED. GET TOGETHER. GET RESULTS.

## GENEVA FAMILY YMCA

Small Group Training combines the best training tools from a traditional fitness class with exciting 45 minute progressive workouts to help you improve cardio, power, strength, and endurance for all ability levels. This revolutionary approach will help you meet your fitness goals with the benefits of a personal trainer and camaraderie and support of a small group. Minimum of two participants is required.

## SMALL GROUP TRAINING



Contact  
Wellness Director  
Laura Snook  
to schedule an  
appointment!  
315-789-1616

### Members Only

#### Fees:

\$45 /per person 1x/week for 4 weeks

\$90/per person 2x/week for 4 weeks

(Minimum of 2 participants required)

FOR MORE INFORMATION  
or to schedule a session  
Please contact the YMCA @  
315-789-1616  
[www.genevafamilyymca.org](http://www.genevafamilyymca.org)