



LES MILLS
GRIT™ SERIES
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

2017 SESSION 2 TEAM TRAINING
Session dates: March 26th–July 1st, 2017

revised 3.31.17

GRIT™ SERIES 30 MINUTE HIGH INTENSITY INTERVAL TRAINING

All GRIT™ trainings are held in the Y-outback

Mondays: 7:15–7:45pm
Tuesdays: 12:10–12:40pm
Wednesdays: 6:00–6:30am
Wednesdays: 6:45–7:15pm
Fridays: 5:15–5:45am
Fridays: 11:15–11:45am

***Members cost for a 14 week session:**
\$84– 30 min class (\$6 per class)

Member “Drop In” cost per training:
\$7 – 30 min

***General Public for a 14 week session:**
\$140 – 30 min class (\$10 per class)

General Public “Drop In” cost per training:
\$11 – 30 min

***(A session is one class per week for 14 weeks)**

Members register for 2 classes per week \$126 total(\$4.50 per class)

A minimum of half total session cost must be paid at time of registration with remaining balance due by the 7th week of the session.

***GRIT™ is team based training so commit to your team & yourself through consistent weekly attendance.**

“Drop in’s”: Available based on space availability. Max participation is 13 per training or dependent on current release training space needs.

Participants can get a drop in card at the service counter **one** hour prior to training start. Payment must be received immediately when picking up a drop in card.

Questions/comments:

Jenni Campbell, Mission Director

Greater Marinette–Menominee YMCA

906.863.9983 or jenni@mmymca.org

www.mmymca.org

Find out more about LESMILLS & LESMILLS GRIT™ SERIES at www.lesmills.com

See back for SERIES DESCRIPTIONS

LES MILLS

GRIT™ SERIES

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

LES MILLS GRIT™ Series features three unique team training programs that will push you to your max, and beyond. With your coach right down on the floor with you, motivating you and the team, you won't believe how hard you can work out.

- Three unique programs that offer fitness results, fast
- 30 minutes of intense challenge to set training routines
- Explosive music that will send energy levels through the roof
Highly-charged certified coaches giving you one-on-one attention

LES MILLS

GRIT™ STRENGTH

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

- Works all major muscle groups
- Sends your metabolism into overdrive to burn fat for hours after the workout
- Stimulates the production of growth hormones which reduces fat and helps develop lean muscle

LES MILLS

GRIT™ PLYO

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

- Incorporates the principles of plyometrics to build power and increase speed and leg strength
- Uses power agility training to transform type two muscle fiber and produce a lean athletic shape
- Intensifies energy and increases muscular endurance and stamina

LES MILLS

GRIT™ CARDIO

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

- An explosive high-impact body weight based workout
- Provides the double whammy of maximizing calorie burn within the workout and burning fat for hours afterwards
- Rapidly improves athletic capability

The LES MILLS GRIT™ Series is for you if:

- You want to take your fitness to the next level
- You want extra motivation to challenge your physical limits
- You have a weight-loss or fitness goal to reach
- You just want to up the intensity

You'll be hooked on LES MILLS GRIT™.

www.lesmills.com/grit