



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INTENSITY AT ALL HEIGHTS

Experience an intense 30 minute HIIT workout. Intervals of high intensity at either low, high or mixed impact. All the while at a minimum of 18% incline on a Free Motion Incline Trainer. Class also includes off-the incline full body & core-work. Sign-up at Y Welcome Desk.

Fitness Session 2 dates: March 26th—July 1st, 2017

Tues 3:55 p.m.

Wed 4:30pm

Thurs 6:00 a.m.

Sat 9 a.m.

Member \$56 for 14 weeks (\$4 per class)
Member Drop-in \$5/per class

General Public \$112 for 14 weeks (\$8 per class)
General Public Drop-in \$10/ per class

Max 7 participants each class

Greater Marinette-Menominee YMCA

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