



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LES MILLS SPRINT™

Session 2 2017

March 26th—July 1st, 2017

* No classes on Memorial Day

YMCA MEMBER

14 Week Session \$56 (\$4 per class)
Drop In \$5

GENERAL PUBLIC

14 Week Session \$112 (\$8 per class)
Drop In \$9

Mondays: 8:20-8:50am

6:00-6:30pm

Thursdays: 5:15 - 5:45am

12:10 - 12:40pm

4:30 - 5:00pm

Saturday: 6:30 - 7:00am

9:15 - 9:45am

Sunday: 10:30 - 11:00am



LES MILLS SPRINT™ is a 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimal joint impact.

Greater Marinette-Menominee YMCA
1600 West Dr. Menominee, MI 49858

updated: 3/31/17