



Y-FIT CLASSES: MEMBERS ONLY

Classes are 45 minutes each. Maximum of 12 athletes per class times. First come first serve. Sign in upon class arrival.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|-----------------------|-------------------------|------------------------|-------------------------|-----------------------|--------------------|
| 8:00 a.m. | | | | | | Coach: Rotating |
| 8:30 a.m. | | Coach: Kelsey Mead | | Coach: Kim Scheel | Coach: Kelsey Mead | |
| 11:30 a.m. | | | | | | Y Fit 101* |
| 12:15 p.m. | | | | | Coach: Steph Howe | |
| 4:30 p.m. | | | Coach: Tyler Jenson | | | |
| 5:30 p.m. | Coach: Kelsey Long | | Coach: Amy Viland | | | |
| 7:00 p.m. | | Coach: Derek Johnson | | Coach: Derek Johnson | | |

*Y-Fit 101: Free class to orient you to the room, the equipment and the 10 basic exercises that will most commonly be incorporated into the workouts posted on the "Daily Challenge" board.

Session 1: January 11-February 20 (6 week session)

Session 2: February 22-April 1 (6 week session)

| Fee: | 1x per week | 2x per week | 3x per week | Drop in |
|------|-------------------------|-------------------------|-------------------------|---------|
| | \$18.00 (\$3 per class) | \$36.00 (\$3 per class) | \$54.00 (\$3 per class) | \$5.00 |

