



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

STRONG TO THE CORE

Y-FIT Interval Training Program

The Y-Fit method of training increases aerobic capacity, muscular strength, endurance and power using a combination of weightlifting, running, plyometrics, body weight, metabolic training and functional movements, blended into an intense interval workout. This challenging workout is constantly varied and scalable to athletes of all fitness levels. Program includes measurement tracking.



Unlimited classes for only **\$70** month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Metabolic Conditioning 9:30am with Leann		Strength & Form 9:30am with Leann	Endurance Training 9:30am with Jose	Skills & Drills 9:30am with Leann
Metabolic Conditioning 6pm with Leann	Core & Strength 6pm with Josh	Strength & Form 6pm with Leann			

