



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STUDIO X

SUMMER SESSIONS

4 WEEKS: June 25 - July 22 & July 30 - August 26

CHOICES & COACHES

5pm Monday - Maranda
7pm Monday - Mary
9am Tuesday - Chris (Level One)
12pm Tuesday - Patrick
6pm Tuesday - John
5pm Wednesday - Chris
12pm Thursday - Mary
4:30pm - Maranda
7:30am Saturday - Lauranel (Advanced)*
9am Saturday - Mary

CLASS INFO

- Small group training, team environment
- Register for as many classes as you like
- Constantly varied functional movements
- Strength, speed, power, agility
- Limited to 12 participants per class

COST

Family Member: \$8/session (\$2/class)
Member: \$12/session (\$3/class)
Non-member: \$40/session (\$10/class)

NEW: Advanced StudioX will be comprised of intense workouts for strength and endurance. Participants must have good knowledge of exercise and fitness and the ability to perform basic moves properly. Classes may be held outdoors partially or in entirety. To register, email lauranel.banks@wbymca.org. Participants must have taken a minimum of two STUDIOX sessions prior AND/OR be able to pass a basic fitness test assessing movement patterns and body weight and endurance

Show support. Order Gear. STUDIOX Store open until 6/22

www.getsomepirit.com/YMCAWB