



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IN THE BOX SMALL GROUP PERSONAL TRAINING



Demo Classes

Wednesday, January 5th and 12th

Full Program

January 19th – February 23rd

In The BOX Small Group Rate:
\$210.00 or \$35.00 per session
(Normal Rate: \$70.00 per session)

In The BOX Small Group Personal Training is a fee based 6-week personal training program designed for 4-6 participants.

While in their BOX, participants will follow personalized workouts developed by their trainer and gain the knowledge and guidance that is critical to their success. In The BOX is composed of **TRX, spin bikes, dumbbells, and other fitness tools**. With a focus on Multi-plane Movements, Core Strengthening, Cardio, and a Total Body Workout.

Motivation and team support make the workouts fun and inspiring!

To register, please contact Wellness Director: Dahhia Johnson at Dahhia.Johnson@ymcadc.org.