



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRX, BIKE, AND WEIGHTS

CIRCUIT 2019 X-BIKE STUDIO

ARE YOU GETTING BORED WITH THE SAME OLD ROUTINE? GET YOUR METABOLISM CHARGED UP WITH THIS HEART CHALLENGING CIRCUIT. COMBINING INTERVALS OF WEIGHT LIFTING, BIKING AND TRX WILL PROVIDE YOUR BODY WITH NEW CHALLENGES THAT WILL EQUAL NEW RESULTS. THE CLASS WILL BE LED BY A CERTIFIED PERSONAL TRAINER WHO WILL HELP EACH PARTICIPANT ACHIEVE THEIR PERSONAL BEST.

SESSION DATES: FEB18-MAR 27, 2019 OR APRIL 1-MAY 15, 2019

DAYS: MONDAYS & WEDNESDAYS @ 8:30AM

COST: \$95 MEMBERS, \$125 POTENTIAL MEMBERS

Contact:

Tamara Casey, Wellness Director

tcasey@acymca.org, 336-395-9622 ext. 227