



SMALL GROUP TRAINING (SGT)

TEAM: Train with Effort, Attitude, and Mission

The YMCA's Small Group Training (SGT) program is for those who want an extra edge in training. Certified Personal Trainers serve as "coaches" to challenge small teams up to 15 people to achieve a higher level of fitness. The team environment and energy of the coaches keeps the sessions fun and effective while also holding you accountable.



Crush - A high intensity functional challenge designed to test strength, endurance and efficiency of moderate to advanced athletes.

Fun & Fit - Designed for all fitness levels, Fun &Fit is a great way to keep kids moving with fun and challenging games. Ideal for kids not interested in sports or as a recovery day for athletes. Ages 9-13. Free for members.

Junior Strength & Conditioning - We will focus on proper technique and building strength using implements like kettlebells, medicine balls, resistance bands, and much more. Ages 10-14. \$30/month for members.

Rock Steady Boxing - A non-contact boxing-based curriculum that emphasizes gross motor movements, balance, core strength, and rhythm. This class will favorably impact range of motion, flexibility, posture, and overall quality of life. \$40/month for members, scholarships available.

Warrior Workout - These workouts are designed to provide fun, new, and exciting techniques in every class. If you are looking to improve cardio, endurance, strength, and have fun doing it then this is the place to be! Leave every class feeling like a WARRIOR!



MONTHLY SMALL GROUP TRAINING Classes**

\$15 members | \$30 guests
(cost is per one class weekly for a month)

**SGT Classes can be purchased through Crossroads App under programs/small group training

***Classes vary by location.