



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SMALL GROUP TRAINING

Armbrust YMCA

Team YMCA Group Training is the best way to build relationships and gain results. Group training classes are throughout the week at multiple times, so that you can easily fit them into your busy schedule. You will receive an individualized program to maximize your results. Let us help you achieve your goals! Ask about our **free small group trial card!**

Monthly Pricing	Member	Non-Member
2 Days Per Week	\$75	\$99
Unlimited	\$99	\$125
Family Rate 2 Days Per Week	\$56.25	NA
Family Rate Unlimited	\$75	NA
10 Class Punch Card	\$120	\$150

Small Group Class Times

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Amber	9:00 am Amber	9:00 am Amber	9:00 am Amber	9:00 am Amber
4:30 pm Kaylee	4:30 pm Kaylee	4:30 pm Kaylee	4:30 pm Kaylee	

Registration for each class is required to maintain small group numbers. Limit is 6 per class. Sign up online at <http://bit.ly/ArmbrustSmallGroupSchedule>

Contact: Amber Cornist, Small Group Training Coordinator, acornist@metroymca.org

Armbrust YMCA | metroymca.org | 5404 S. 168 Street, Omaha NE 68135 | 402.896.4200