



SMALL GROUP PERSONAL TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY
WOW 5:45pm Matt	WOW 5:45pm Matt	Tread & Shred 8:00am Jodi	WOW 5:45pm Matt	Teen Weight-lifting 5:00pm Bruce

CLASS DESCRIPTIONS

Women on Weights (WOW) – 8 weeks

Burn fat and build lean muscle without the bulk in Women on Weights!

Program fee of \$120 for one day/\$240 for 2 days/\$360 for 3 days

Tread and Shred – 8 weeks

A perfect combination of heart pumping and muscle toning. You will be guided through a challenging workout consisting of cardio and strength circuits.

Program fee of \$120

Teen Weightlifting – 8 weeks

Learn proper form and technique with basic and compound moves, while teaching the most effective way to train to reach your fitness goals. Ages 13-17

Program fee of \$120

Free week: January 5th-9th (take any session FREE!)

Sessions begin the week of January 12th



Visit tampaymca.org or stop by the Welcome Center to register.