



# SMALL GROUP PERSONAL TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY
<b>WOW</b> 5:45pm Matt	<b>WOW</b> 5:45pm Matt	<b>Tread &amp; Shred</b> 8:00am Jodi	<b>WOW</b> 5:45pm Matt	<b>Teen Weight-lifting</b> 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](http://tampaymca.org) or stop by the Welcome Center to register.