

# SMALL GROUP TRAINING SCHEDULE



Check Us Out on Facebook  
 IG: @YAKIMAATHLE  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:10AM	Small Group Training		Small Group Training		Small Group Training
6:00AM	Small Group Training		Small Group Training		Small Group Training
8:00AM					
9:00AM	Small Group Training	Kettlebell	Small Group Training	Power Burner	Small Group Training
10:00AM					
11:00AM	Stronger Living		Stronger Living		Stronger Living

## Lunch Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00PM	Small Group Training		Small Group Training		Small Group Training

## Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30PM	Small Group Training	Power Burner	Small Group Training	Power Burner	Small Group Training
5:30PM	Small Group Training		Small Group Training		
6:30PM					

All Classes require an additional charge to membership, see your favorite trainer for details!

## Small Group Training \$89 per Month

Essentially Personal Training in a Group Setting, Small Group Training is intended to work all Major Muscle Groups while teaching Proper Technique and Personal Attention to each exercise and participant. Strength Training is at the heart of any fitness goal, and is the focus of our Program. Small Group Training includes Kettlebell and Power Burner!

## Kettlebell/Power Burner \$49 per Month

These dynamic classes are 45 minutes of high energy resistance training! You will be taught how to properly execute each movement in a safe and effective manner, receiving an excellent workout.

Kettlebell focuses on our most versatile piece of equipment. This class uses timed intervals to get your cardio, strength and conditioning all at once. Power Burner will give you the option to focus on strength or cardio, or you can create your own adventure and do a little of both! Power section focuses on muscular strength and size. Our Burner side focuses on getting your heart rate up and keeping it there!

Either of these classes is a great way to supplement your training program!

## Stronger Living- \$49 per Month

After the age of 40 we lose about 5% of our muscle mass per decade, this is the opportunity to reverse that effect. This workout is intended to help you maintain muscle mass to maintain a healthy youthful appearance and lifestyle, while focusing on stability and endurance to not only increase your lifespan but to enjoy your life! \*Small Group Training does NOT include Stronger Living.

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