



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPERIENCE RESULTS

Y-Elite

Spice up your workouts with Y-Elite! The content of this 10 week program is geared towards YOUR fitness goals (i.e. run in a 5K or complete a triathlon). There is no goal too big or too small!
\$70 per Y member

Please register at the Welcome Desk for the day and time that works best for you!

Tuesday 10:15-10:45am
Tuesday 6:05-6:35am
Wednesday 8:45-9:15am
Friday 6:30-7:00pm
Saturday 10:10-10:40am
Saturday 8:00-8:30am
Wednesday 1:00-1:30pm

