



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET YOUR GRIT ON

Sign Up Now for Your Monthly Session

GRIT sessions include Fitness Evaluation, Strength, Plyo, and Cardio



Builds strength and muscle.
Uses barbells, plates and the bench to take training to the next level.
Blasts all major muscle groups, leaving muscles shaped and toned.
Puts your metabolism into overdrive to burn fat for hours after the workout.
Stimulates the production of growth hormone which reduces fat and helps you develop lean muscle.



Builds a powerful, agile, athletic body.
Based on the principles of plyometrics, uses a bench to build power, increase speed and leg strength.
Power agility training transforms up to 40% more muscle, producing a lean, athletic shape.
Increases muscle endurance; intensify your energy and increase stamina for a competitive or sports event.



Burns fat and rapidly improves athletic capability.
High Impact cardio work out like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive 30 min team training session combines high impact body weight exercises and uses no equipment. This workout provides the challenge and intensity you need to get the results you want.

Available Times

Monday & Wednesday-5:45 AM

Friday Cardio-5:45AM

Monday & Wednesday-8:15 AM

Friday Cardio-8:15 AM

Monday & Wednesday-11:30 AM

Friday Cardio-11:15 AM

Monday & Wednesday-5:00 PM

Saturday Cardio-8:30 AM

Tuesday & Thursday-5:45 AM

Friday Cardio-5:45 AM

Tuesday & Thursday-11:30 AM

Friday Cardio-11:15AM

Tuesday & Thursday- 6:30 PM

Saturday Cardio- 8:30 AM

**YMCA Members - \$50.00
per Monthly Session
No Refunds**