

T.E.A.M. TRAINING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GROUPS GREAT RESULTS

YMCA T.E.A.M. Training



**FUN WITH FRIENDS, BOND AS A FAMILY,
TEAM BUILDING WITH COWORKERS!**

T.E.A.M. Training (Together Everyone Achieves More) is a 30-minute small group experience lead by a Certified Personal Trainer. Get the benefit of individualized attention while having the motivation within a group setting. Classes are limited to 6 participants at a first-come, first-served basis. Punch cards can be used across all scheduled TEAM training classes. *Fees are double for nonmembers.*

Days/Times: TEAM Fusion - Mondays 5:30-6:00am (Harborview Studio)
TEAM Mom - Mondays 10:00-10:30am (Harborview Studio)
TEAM Strength + Strike - Mondays 5:40-6:10pm (Rock Steady Boxing Studio)
TEAM Teen - Mondays 6:30-7:00pm (Harborview Studio)
TEAM Ignite - Wednesdays 9:00-9:30am (Harborview Studio)
TEAM Box / MMA - Wednesdays 5:30-6:00pm + Fridays 6:15-6:45am (Rock Steady Studio)
TEAM Core - Fridays 10:00 - 10:30am (Harborview Studio)

Fee: \$10 drop-in
6-class punchcard - \$36
10-class punchcard - \$60

MANITOWOC-TWO RIVERS Y
205 Maritime Drive • Manitowoc, WI 54220
P 920-682-0341 • F 920-682-2620
www.mtrymca.org