



SGT

SMALL GROUP TRAINING

SPRING 2023

Take your wellness journey to the next level. Small Group Training combines the energy of group exercise classes with the individualized attention of personal training. Registration is required.

MON	TUE	WED	THU	FRI	SAT
5:30-6:15 am East Side	5:30-6:15 am East Side	5:30-6:15 am East Side	5:30-6:15 am East Side	5:30-6:15 am East Side	
5:30-6:15 am Ferguson Family		5:30-6:15 am Ferguson Family		5:30-6:15 am Ferguson Family	
6:30-7:15 am East Side		6:30-7:15 am East Side		6:30-7:00 am East Side	7:00-7:30 am East Side
		8:15-9:00 am West Side			8:00-8:45 am West Side
7:30-8:00 am East Side	8:30-9:15 am West Side	7:30-8:00 am East Side	8:30-9:15 am West Side	8:15-9:00 am West Side	8:30-9:15 am East Side
8:15-9:00 am West Side		8:30-9:00 am Broadview			9:00-9:45 am West Side
9:15-10:00 am West Side	4:30-5:00 pm Broadview	9:15-10:00 am West Side		9:15-10:00 am West Side	
	5:00-5:45 pm East Side				
	5:30-6:15 pm Ferguson Family	6:00-6:30 pm Broadview	5:30-6:15 pm Ferguson Family		

SGT PRICING

Monthly (unlimited)	Drop-In (Members)
\$69/month	\$15

Pay one fee and attend ANY class! Pre-registration is required. Cancellations must be made 30 minutes prior to the workout.

Need more information? Contact Kim Elsing at kim.elsing@greenbayymca.org

ULTIMATE CONDITIONING

Revolutionary workouts to help you improve cardio, power, strength.

KETTLEBELLS

Torch calories, learn proper kettlebell technique, and experience total body conditioning, all in a 30-minute workout.

TRX

These sessions incorporate TRX Suspension Trainers, kettlebells, and TRX Rip Trainers in order to build your strength, endurance, balance, and flexibility

RECOVERY

This class will focus on stretching, foam rolling, and mobility to maximize recovery and performance.