



# SMALL GROUP TRAINING



## SMALL GROUP TRAINING Fall 2025

- Kettlebell Training
- TRX Suspension Training
- YOUTH Strength & Conditioning (Ages 6-12)
- TEEN Strength & Conditioning (Ages 12-17)

**Small Group, Big Gains!**  
**Join the Movement!**

### Monthly Pricing

- Members: \$80
- Non-Members: \$160

**Call or stop by our  
Welcome Desk for details  
and registration!**

**JENNERSVILLE YMCA**

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**Questions? Contact:**  
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