



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



X-FIT

ADVANCED WORKOUT

TRY SOMETHING NEW TODAY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	
8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	
	5:30 PM		5:30 PM		
6:30 PM	6:30 PM				

ALSO OFFERING THE FOLLOWING FREE CLASS:
INTRODUCTION CLASS: BY APPOINTMENT ONLY | CALL (304) 525-8127 EXT.25

SEE REVERSE FOR DETAILS

FOR MORE INFORMATION:
Huntington Y | 304.525.8127 ext. 25 | www.huntingtonymca.org



X-FIT

- No charge if you are a Y member at the May building or Phil Cline Family Y.
- Must take introduction course (by appointment only | call (304) 525-8127 ext.25 FREE for Y Members) before attending regular scheduled classes.
- Guests are permitted a maximum of 2 classes (\$10 per visit). No guests allowed for the 6:00 AM class.
- A maximum of 10 people per class. Must be 18 or older to participate.
- Participants must be on time; loss of reserved spot if 5 minutes late after class start time.
- First come, first serve! Sign up at the Phil Cline Family Y as you come in.
- **This is an advanced fitness program;** consult physician prior to starting this program if you have any health related issues, and if at any time during these workouts you feel faint, dizzy, exhausted, or experience pain, stop and consult your physician.
- All terms subject to change.

FOR MORE INFORMATION ABOUT X-FIT TRAINING, CONTACT:

MIKE CALLANAN | Personal Trainer | 304.525.8127 EXT.25

Huntington Y | 304.525.8127 ext. 25 | www.huntingtonymca.org