



BREAKING NEWS!



MORNING CLASSES with ALENA!

RISE EARLY. FEEL STRONG. TAKE ON YOUR DAY!

High-energy, results-driven classes to build strength, boost your mood, and power you through your day!

*Start Your Day
Stronger!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
FULL BODY CIRCUIT	LOWER BODY LIFTING	FULL BODY CIRCUIT	UPPER BODY LIFTING	CYCLING BOOT CAMP
5:30 A.M. – 6:30 A.M.	5:30 A.M. – 6:30 A.M.	5:30 A.M. – 6:30 A.M.	5:30 A.M. – 6:30 A.M.	5:30 A.M. – 6:30 A.M.
	 BRAND NEW!		 BRAND NEW!	 BRAND NEW!



**MORE
ENERGY**



**BUILD
STRENGTH**



**BOOST
CONFIDENCE**



**STRONGER
COMMUNITY**

Stronger Together.
Every Morning.

ALL CLASSES • ALL WEEK • ALL AT
DUBOIS YMCA!

COME AS YOU ARE,
ALL FITNESS LEVELS,
MODIFICATIONS AVAILABLE.