



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONGER TOGETHER MX4

Group Training
EASTERN LYCOMING YMCA

Sign up at front
desk

Why MX4?

- Delivers results
- Gives access to a trainer without paying personal training prices
- Provides motivation, community and accountability,
- Is based on a proven training system
- Each workout is packed with a variety of exercises
- Offers an efficient, high-intensity workout in only 30 minutes

Class Schedule:

Mon/wed/fri

10:00am

Mon/tue/wed

5:00pm

Training Packages:

Drop in: \$4.00 a class

Monthly:

Members:\$30.00

Non Members: \$49.00

***MUST HAVE FOUR
PARTICIPANTS FOR
CLASS TO RUN***