



# BETTER TOGETHER

## SHAPE UP 2021

### Small Group Training

- Instruction by Nikki Fiel, Certified Personal Trainer
- Mondays & Wednesdays 5:30—6:30 PM;  
\*\$84 Members, \*\$120 Non-Members
- Tuesdays & Thursdays 12:15—1:00 PM;  
\*\$64.50 Members, \*\$93 Non-Members
- Register Online under Wellness

**6 Week Session!**

**Summer Session II:**

**July 26th—August 2nd**

**\*Scholarships Available**

**WILLIAMSPORT BRANCH YMCA**

[www.rvrymca.org/williamsport](http://www.rvrymca.org/williamsport) 570-323-7134

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