



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Classes begin January 4

SYNRGY360 Class Schedules & Monthly Pricing

Monday	Tuesday	Wednesday	Thursday	Saturday
SYNRGY360 6:00-6:45 am Mariluz SYNRGY360 9:30-10:15 am Amy SYNRGY Express 12:15-12:45 pm Mollie SPINRGY 6:45-7:50 pm Cara	SYNRGY360 9:15-10:00 am Lisa SYNRGY360 7:00-7:45 pm	SYNRGY Express 7:15-7:45 am Catherine SPINRGY 9:15-10:20 Nancy SYNRGY TKO 5:30-6:15 pm Bryan	SYNRGY Row Express 12:15-12:45 pm Taylor	SYNRGY360 9:00-9:45 am Instructor Rotation

SYNRGY360 is \$32 per month for Y members.

SYNRGY360 is a 45-minute high-energy, high-intensity small group training class that consists of a variety of short bouts of work designed to challenge all fitness levels. This highly effective workout will take your fitness to the next level!

SYNRGY Express is \$28 per month for Y members.

We've condensed our 360 class to meet the demands of a busy schedule. You'll experience a fantastic workout in 30 minutes, if the focus is efficiency in this class! Options are available in the morning or during the lunch hour.

SYNRGY Row Express is \$28 per month for Y members.

This class is all of the fun of our regular EXPRESS class, but with bouts of rowing included! Your heart rate will soar as you row your way towards your 2020 fitness goals!

SPINRGY is \$36 per month for Y members.

SPINRGY is an hour-long class in which participants spend 30 minutes spinning in our Cycle Studio and 30 minutes working out in our SYNRGY360 Studio. This is a high-energy, high-intensity small group training class that consists of a variety of short bouts of work designed to challenge all fitness levels.

SYNRGY TKO is \$32 per month for Y members.

This is a boxing-based version of Synrgy that takes a more realistic approach to the proper execution of the main punches. More focus will be given to correct form as participants work on the heavy bag and focus paddles.

Questions?

Contact Cara McGowan, Fitness Director, at (812) 961-2171 or cmcgowan@monroecountyyymca.org.

To register, visit monroecountyyymca.org/group-ex/synrgy360 or scan the QR code.

