

NEW IN 2021

TEAM
LEAN

THOMASVILLE YMCA

BACK TO BASICS

**DOES WORKING OUT INTIMIDATE YOU?
AFRAID TO STEP INTO A GROUP FITNESS CLASS?
COMPLETELY LOST ABOUT HOW TO USE GYM EQUIPMENT?**

This year we will be offering a “**Back to the Basics**” course just for Team Lean YMCA members*. Come and learn basics with more personalized attention from a staff member.

Learn:

- Basic form for pushups, lunges, squats (and modifications that will work for you on your level)
- Basic stretching, working up to basic yoga
- Basic cardio with modifications that will help you work up to attending a group fitness class
- How to set goals based on where you are now

Working out does not have to be intimidating. These groups are designed to give you more personalized attention than you would get in a traditional group fitness class.

INTRIGUED?

Sign up for free to reserve your spot in a group. Group will meet twice a week at either 5:30 AM or 5:30 PM.

**YMCA members who participate in Team Lean and Team Lean participants who sign up for the 8 week membership.*

FOR MORE INFORMATION CONTACT MEGAN YOUNG AT MYOUNG@YMCA-THOMASVILLE.ORG OR AT 226-3446.