



BELT IT OUT TREAD AND SHRED

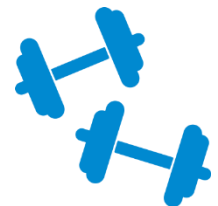
Tread and Shred is a treadmill / strength and conditioning class held in our fitness center for 45 minutes. This class is a fast paced, high energy, new inventive way to get an awesome cardio workout on the treadmill, guaranteed to break any stalemate workout you may have and jump start your new year and new you. This instructor lead class will guide you through the workout with a series of treadmill work building on intensity for cardio and off the treadmill for strength and conditioning exercises. Interval based it is sure to help you receive a great workout in the fitness center.

Reserve your spot today! Space is limited!

(must be a minimum of 3 and maximum of 6 class participants)

YMCA Members: \$25 per person for once a week for 4 weeks

Non Members: \$50 per person for once a week for 4 weeks



Class meets Mondays at 7:30pm for 45 minutes in Fitness Center.

Class runs January 8 – February 5

OR

Wednesdays at 9:30am for 45 minutes in Fitness Center.

Class runs January 10 – February 7



Union County Family YMCA * 1150 Charles Lane * Marysville, Ohio 43040 * 937-303-9285 * www.unioncountyyymca.org

United Way
of Union County



 **Memorial** SPORTS MEDICINE