



# 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 16 years and up)

**YMCA Members: \$25 per person for a 4 week class**

**Non Members: \$50 per person for a 4 week class**



## Classes meet

**Mondays Session at 9:30am January 7 – January 28, 2019**

**Wednesdays Session at 7:00pm January 9 – January 30, 2019**

**Fridays Session at 9:30am January 11 – February 1, 2019**



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