



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Y ELITE



Featuring the brand new QUEENAX training system.

## LIMITED TIME-MAXIMUM RESULTS SIGN UP AND GET A FREE T SHIRT

45-Minute Training Sessions

Burn Fat & Tone up your Muscles

Sessions Led by Certified Trainers

Train to Become the Best Version of Yourself!

Free T-Shirts for new  
sign ups!  
(while supplies last)



YMCA of GLENDALE  
140 N Louise Street, Glendale, CA 91206  
818-240-4130

**Training Session Times**  
Mondays at 8:00PM with Victoria  
Tuesdays at 8:00AM with Fernando  
Tuesdays at 6:45PM with Marissa  
Wednesdays at 6:00pm with Michelle  
Thursdays at 8:00AM with Fernando  
Fridays at 8:00AM with Fernando

**Limited to 10 Spots.  
Location: Studio A**