



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y ELITE



Featuring the brand new QUEENAX training system.

LIMITED TIME-MAXIMUM RESULTS

Time to get ready for summer!

45-Minute Training Sessions

Burn Fat & Tone up your Muscles

Sessions Led by Certified Trainers

Train to Become the Best Version of Yourself!

REGISTRATION IS
OPEN!

\$10 DOLLARS PER MONTH

LIMITED SPACES!

Training Session Times

Mondays at 8:00pm with Victoria
Tuesdays at 6:45 PM with Marissa
Wednesdays at 6:00pm with Michelle



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

Limited to 8 Spots.
Location: Studio A