



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-SHIRT FOR NEW
SIGN UPS!**



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

Training Session Times
Mondays at 8:00PM with Victoria
(with Zumba in the circuit)

Tuesdays at 6:45PM with Marissa

Wednesdays at 6:00pm with Michelle

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