



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTH MOVEMENT BALANCE

## TRX Suspension Training THE FAMILY YMCA

M/W/F, 11:30am-12:15pm

March Session (3 weeks): 3/13-29\*

Y Members: \$27 Program Members: \$58

Monthly Sessions begin in April

Y Members: \$40/mo Program Members: \$85/mo

M/W, 6:30-7:15pm or

T/TH, 9:00-9:45am

March Session (3 weeks): 3/12-29\*

Y Members: \$21 Program Members: \$55

Monthly Sessions begin in April

Y Members: \$28/mo Program Members: \$73/mo



**TRY IT OUT!**  
**Free Intro Classes**  
**March 4th-8th**  
Sign-up begins Friday at the  
front desk. (One class per person please).

**\*No TRX classes Monday, March 11th during our Grand Opening!**

(505) 662-3100 [www.laymca.org](http://www.laymca.org)

The Family YMCA is a 501c3 charitable organization serving Los Alamos and Española  
Financial assistance available thanks to United Way of Northern New Mexico and the YMCA Annual Strong Kids Campaign

