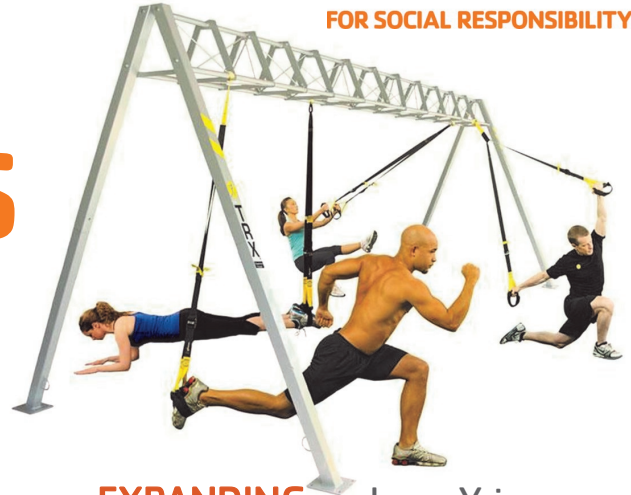




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRX® CLASSES

ONEIDA FAMILY YMCA



The Oneida Y Group Exercise class offerings are **EXPANDING** and our Y is **GROWING!** The new age of fitness is coming to the Oneida Y and we are **building youth, adult and senior TRX® classes!**

Born in the **Navy SEALS**, Suspension Training body weight exercise, develops **strength, balance, flexibility and core stability simultaneously!**

Learn **HUNDREDS** of exercises using leverage, gravity, and your body weight. All fitness levels are welcome and you will go at your own pace. Please contact Bethany Ratliff, Wellness Director, X231 for more info!

4 Week Class

July 31st—August 22nd

8 person maximum to a class!

Wednesday at 5:15 pm

Thursday at 6:15 pm

Members \$39 Non-Members \$69



ONEIDA FAMILY YMCA
701 Seneca Street
Oneida, NY 13421
P 315 363 7788