

# CHASCO FAMILY YMCA



## SENIOR CIRCUIT SMALL GROUP TRAINING

Circuit training is a form of body conditioning, endurance training or resistance training using a circuit format. An exercise circuit is one completion of all prescribed exercises in the program. It targets strength building, muscular endurance and cardiovascular conditioning.

Bring your friends and get fit together!

**Mondays 11:15am - 12:05pm**

Class Meets in the Gym

\$5 Drop In Rate Per Class

MEMBERS ONLY

Register at the Front Desk



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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