

HUTTO FAMILY YMCA

NEW CLASS ALERT



S.H.I.F.T.

WEDNESDAYS, 5:45pm

S.H.I.F. T. - Strength, Heart, Interval and Functional Training is a total body workout for all fitness levels. This class uses a variety of equipment to challenge the entire body by blending cardio activities and resistance training to improve overall coordination, strength, stability and balance.

Class begins September 4th.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**FREE FOR
MEMBERS**

HUTTO FAMILY YMCA
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