

TRI-CITIES FAMILY YMCA

# CrossFit



## FREE "TRY IT" CLASSES

Together with our new Crossfit Coach, Lonny Viilo, we are offering three FREE "CrossFit Try-it" classes during the week when Group Fitness Classes are off. Lonny is a seasoned Personal Trainer, Level 1 CrossFit Coach with Weightlifting and Kid's CrossFit Endorsements.

Lonny will be running the CrossFit "try-it" classes with the intention of taking you through a WOD (workout of day) that will challenge you as an individual athlete. Every movement can be modified to your own individual ability to keep it safe for YOU!

*Reserve your space for a class with the Welcome Center.* Class is limited to 12 participants, one Free visit per person. Please arrive a bit early if you have any concerns and would like to chat with the coach and to fill out the required YMCA waiver. Classes will meet in the weight room.

**Tues September 1 8:00 am**  
**Wed September 2 5:30 pm**  
**Thurs September 3 8:00 am**

**FREE to the Community!**

For more information  
on CrossFit, visit our  
website or check out our  
Fall Program Guide  
[WWW.TCFYMCA.ORG](http://WWW.TCFYMCA.ORG)



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