

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



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