



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SYNERGY

**BUILD STRENGTH    BOOST YOUR METABOLISM    WORKOUT TOGETHER    FOR ALL**

## SIGN UP TODAY!

to have access to unlimited half hour group personal training on our new Synergy unit. Our specialized personal trainers will be delivering workouts to push your fitness limits.

MON	TUES	WED	THUR	FRI	SAT	SUN
6:00AM	6:30AM	6:00AM	6:30AM		9:00AM	
7:00AM	8:00AM	7:00AM	8:00AM		10:15AM	
8:15AM	9:15AM	8:15AM	9:15AM	LVL 2		
4:45PM	4:45PM	4:45PM	4:45PM			
6:00PM	6:00PM	6:00PM	6:00PM	LVL 2		
6:45PM	6:45PM	6:45PM	6:45PM			

EFFECTIVE 7-18



**\$99**

A MONTH FOR 25+  
 CHALLENGING  
 SESSIONS!

**OLD COLONY YMCA EAST BRIDGEWATER**  
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 508-378-3913, [www.oldcolonyymca.org](http://www.oldcolonyymca.org)