



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DISCOVER YOUR INNER ATHLETE

## H.E.A.T.

**(High Energy Athletic Training)**

Push yourself to the limits with this 45 minute high intensity class led by a certified personal trainer. Each class is specifically designed to improve your speed, strength, power and cardio. Classes will include speed work, plyometrics, resistance training, core stabilization. Equipment used includes, but is not limited to conditioning ropes, plyo-boxes, parachutes, bosu balls, TRX suspension, jump ropes, and pull-up bars.

**Mondays and Wednesdays at 12pm**

4-week session: Mar. 12—Apr. 4

Upper Gym

Limit 8 participants

Class fee: \$30 per session

Registration: Feb. 27—Mar. 11



Sumter Family YMCA  
510 Miller Road  
Sumter, SC 29150  
803-773-1404  
[www.ymcasumter.org](http://www.ymcasumter.org)  
[www.facebook.com/SumterYmca](http://www.facebook.com/SumterYmca)

**Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**