



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RIP™ TRAINING

brought to you by



• DEMO
• DAY
• FREE FOR MEMBERS




SMALL GROUP SPECIALIZED TRAINING DAVID D. HUNTING YMCA

Join this high energy small group class around the Rip Training tower by TRX and learn how to train your core efficiently by activating your core correctly, while also developing functional total body endurance and strength.

- Class taught by a Nationally Certified Personal Trainer certified as an instructor in TRX RIP training
- Meets for 30 minutes, twice per week
- Delivers a fast, effective total-body workout
- Helps build a rock-solid core
- Increases muscular endurance
- Benefits people of all fitness levels
- Great style of training for sports specific movements that relate to rotational mobility

DAY	TIMES	LOCATION
Saturday December 2nd	8:30am, 9am, 9:30am, 10am, 11am, 11:30am	Personal Training Studio
Monday December 4th	5:30am, 7am, 12pm, 12:30pm 5:15pm, 6:45pm	Community Room Personal Training Studio
Wednesday December 6th	5:15am, 5:45am 12pm, 12:30pm, 5:15pm, 6:45pm	Community Room Personal Training Studio



DAVID D. HUNTING YMCA
475 Lake Michigan Drive NW
616.855.9622 • grymca.org

TRY THE DEMO BEFORE THE 7 WEEK CLASS STARTS!

Sign up at the membership desk, call 616.855.9622, online at grymca.org/programs
Questions? email Charlie at cwilliams@grymca.org