



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AN EVOLUTION IN FITNESS

## Aire Fitness Small Group Training

The YMCA is a community-minded organization focused on the health and well-being of our members. Our new, cutting edge, outdoor, **Aire Fitness Small Group Training program** takes fitness to another level offering a variety of challenging functional training and circuit classes under the guidance of premier instructors, utilizing state-of-the-art equipment including a weighted sled, TRX straps, medicine balls, battle ropes, and more to focus on your strength, endurance and core.

Enjoy **UNLIMITED** classes for one low monthly fee.

**FEES:** **Facility Members:** Add our Aire Fitness Package to your membership for **\$29/month**  
**Non-Members:** Join the YMCA as an Aire Fitness Member for **\$49/month**



## CLASS SCHEDULE

Effective October 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 AM		Aire Fitness Stacie		Aire Fitness Stacie		
8:30-9:30 AM	Aire Fitness Katrin		Aire Fitness Katrin		Aire Fitness Katrin	Aire Fitness Katrin
6-7 PM	Aire Fitness Stacie	Aire Fitness Stacie	Aire Fitness Katrin	Aire Fitness Stacie		

For more information on the Aire Fitness program, stop by the Welcome Center or contact Ariel Gonzales at [ariel.gonzales@ymcahouston.org](mailto:ariel.gonzales@ymcahouston.org) or 281-469-1481.

### D. BRADLEY MCWILLIAMS YMCA AT CYPRESS CREEK

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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.