



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENJOY A WORKOUT THAT FEELS MORE LIKE PLAY!

INTRODUCING SMALL-GROUP QUEENAX DEMONSTRATIONS WITH CERTIFIED PERSONAL TRAINER, DANIEL MARCHBANKS

Ever wonder what that big thing is in our Activity Center? Join Certified Personal Trainer, Daniel Marchbanks for an hour of demonstration and exploration of the QueenAx apparatus. Learn the basic principles of suspension training and explore the wide variety of functional exercises one can do on this piece of equipment.

Tuesday evenings 5:30–6:30pm
March 6th—March 27th

This demonstration-based class is free for members. After this four-week drop-in class, the group will transition to fee-based small group personal training. ****Please see personal training trifold for small group training rates****

Class is capped at 8 people. Sign in at the welcome desk before class.

Questions?
Email: Rachel Marcus,
Health & Wellness Director
rmarcus@scfymca.org

