



# IGNITE YOUR FITNESS GOALS

Ignite Program  
NORTHWEST YMCA

**Take your workouts to a new level with our brand new heart-rate monitored, connected high-intensity workout program!**

During this high-intensity circuit training you'll use heart monitors that measure your performance data during the workout. You can connect your results with your favorite app and view your progress on your phone. Bring your own heart monitor or we can lend you one.

**WHEN** Mon - Fri: 9:00-9:45am, 6:15-7:00pm  
Tue & Thu: 6:15-7:00am  
Saturday: 8:00-8:45am

<b>FEE</b>	<b>Members</b>	<b>Non-Members</b>
4 sessions	\$48	\$69
8 sessions	\$88	\$125
Monthly Unlimited	\$116	\$165

**LOCATION** Circuit Training Room

**CONTACT** Matt Montelongo  
Matt.Montelongo@ymcasv.org  
408 351 2425

**REGISTER AT FRONT DESK**



**FREE TRIAL!**  
August 21-31, 2017