

ENJOY OUR TRAINING CENTER!

Yadkin Family YMCA

Specialty Training // January–April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am–11:00am Strength Training for Beginners	10:00–10:45am Total Body TRX Boot Camp	10:00am–11:00am Strength Training for Beginners	10:00–10:45am Total Body TRX Boot Camp		
5:30–6:30pm CrossTrain For Youth	5:30–6:15pm Total Body TRX Boot Camp	5:30–6:30pm CrossTrain For Youth	5:30–6:15pm Total Body TRX Boot Camp		

*Times and dates are subject to change.

