

Spartan Training

Are you interested in doing a Spartan race, but unsure? Do you want to keep the winter weight off? Here is your chance!



November 13th – December 18th
Mondays & Saturdays

INSTRUCTORS

SGX Coach Julia Hendricksen & Spartan Staff, Obstacle Course Specialist Tyler Spencer

WHEN

Mondays 7-8pm: CrossFit Room | Saturdays 8:30-9:30am: Location TBA

Downtown YMCA 1315 Church St. Lynchburg, VA.

Cost: \$100 Y-Member & \$110 Non-Member



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY