



YMCA OF GREATER MONTGOMERY

Y STRONG

MOBILE FITNESS UNIT

Class Times : July 16th – September 5th
Tuesdays / Thursdays 5:45am-6:30am

Duration : 8 weeks

Ages : 16+

Prices For YMCA Members:

\$10 for drop ins

\$120 for 8 weeks

Prices For Nonmembers:

\$12 for drop ins

\$150 for 8 weeks



FITNESS UNIT CONTACT

Brandon Maddox at bmaddox@ymcamontgomery.org