



NEW MX4 SMALL GROUP TRAINING GET INSPIRED TO ACHIEVE RESULTS WESTPORT WESTON FAMILY YMCA

Discover MX4 Small Group Training for a fresh, motivating experience that delivers results you can see. MX4 is a boutique-style small group training experience that combines Matrix-specific equipment with innovative workouts to help you improve the four pillars of fitness: cardio, power, strength and endurance! Each session is accompanied by an MX4 trainer who motivates and provides challenging and progressive workouts that change every week.

- Individualized training in a small group setting in our 1,600 sq ft Zone Studio
- Motivation from a trainer and peers within the group
- Variety of unique training tools including a functional training system
- Incredible workout in only 30-45 minutes
- Cost effective - pay monthly; choose from 1-2 times per week

Register at the Membership Engagement Desk. We are excited to offer MX4, a functional fitness training system, in our new 1,600 sq ft Zone Studio. Program begins Monday, November 30.

WHAT IS THE DIFFERENCE BETWEEN MX4 & MX4 ACTIVE?

MX 4 30-minute classes Designed for people of mid to high-level fitness Fast-paced, high-intensity interval workout (HIIT)	MX 4 ACTIVE 45-minute classes Designed for aging individuals & those with a low-baseline of fitness Lower impact/intensity, pre-designed warm-up, longer transition time
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Schedule:

Monday	9:45am, 12:00pm
Tuesday	7:30am, 3:30pm
Wednesday	9:45am (MX4 Active), 12:00pm
Thursday	1:00pm, 5:30pm
Friday	8:15am

Don't see a time that suits your schedule?
Create your pod (3-6 people) and we will match you with a trainer at a mutually convenient time.

Monthly Pricing*:

Members:	\$59 1x/week	\$79 2x/week
Non-members:	\$89 1x/week	\$109 2x/week

*register for more than one session and price will be pro-rated



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QUESTIONS?
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