



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GO HARD GET RESULTS



CLUB TEAM & SCHOOL ATHLETIC GROUP GRIT RATES FOND DU LAC FAMILY YMCA

LES MILLS GRIT workouts are scientifically proven to keep your body burning calories for hours after the last burpee. You get support from those around you and the coach beside you. LES MILLS GRIT gives you a real sense of confidence and achievement every time. It will quickly help you develop a lean, athletic body and it's all done in 30 minutes.

Too easy. You get results. It's that simple.

All club team and school athletic group packages must be scheduled in advance by the team or group coach. Must have 10 or more participants in order to reserve studio space and class times.



GRIT Team Rates		Y member rate	Non-member rate
4 classes	30 min. classes	\$12	\$24
6 classes	30 min. classes	\$18	\$36
8 classes	30 min. classes	\$24	\$48
12 classes	30 min. classes	\$33	\$66
16 classes	30 min. classes	\$40	\$80

ALA-CARTE CLASSES – Purchase a package of classes to form a GRIT COMBO, or purchase individual classes to fit your group needs.

	30 min. class		45 min. class		60 min. class	
	Member	Non-member	Member	Non-member	Member	Non-member
4 classes	\$4	\$8	\$8	\$16	\$12	\$24
6 classes	\$6	\$12	\$12	\$24	\$18	\$36
8 classes	\$8	\$16	\$16	\$32	\$24	\$48
12 classes	\$11	\$22	\$22	\$44	\$33	\$66
16 classes	\$14	\$28	\$28	\$56	\$42	\$84

Ala-carte classes include Les Mills BODYATTACK™, BODYFLOW™, BODYPUMP™, CXWORX™, RPM™

To schedule or find out more information, contact Barb Seidel, Group Exercise Coordinator, at bseidel@fdlymca.org.

All club/group participants are required to pay for their customized class package prior to the first scheduled class. Payments should be made in person at the Fond du Lac Family YMCA Welcome Center desk.

