

Group Cross Training

Join us for this functional approach to fitness that utilizes a variety of lifts combined with interval training for a high intensity half hour. Classes change every day to keep the body from adapting and to encourage faster results!

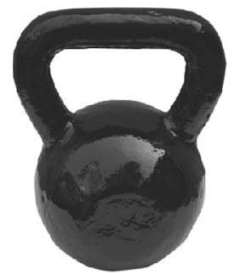
Morning Classes

Monday - Friday
6:30am, 8:30am & Noon



Evening Classes

Monday - Thursday
4:00pm, 5:30pm & 6:30pm



Advanced Classes

Monday - Thursday 6:00pm
Saturday 9:00am

Members: \$20 Monthly

Non-Members: \$65 Monthly

Please see Front Desk staff for additional information or to register for any of the programs above.



FRANKLIN COUNTY FAMILY YMCA

235 Technology Drive P.O. Box 720
Rocky Mount, VA 24151
540.489.YMCA (9622)
www.franklincountyyymca.org

SMITH MOUNTAIN LAKE YMCA

293 FirstWatch Drive
Moneta VA 24121
540.721.YMCA (9622)
www.franklincountyyymca.org



Our YMCA is a
United Way
Partner Agency