

# ELEVATE YOUR FITNESS



## GROUP EXERCISE AT THE Y

Take your fitness and accountability to the next level by taking a group exercise class at the Y! All classes are included in the cost of your membership!

Our trained instructors offer a variety of class types, including many Les Mills offerings, to meet anyone's fitness needs! Instructors work hard to create a positive, encouraging environment for all, and are always available to get to know you and answer any questions.



✓ Included in all memberships! ✓ Fun workouts ✓ Accountability

## MIX-UP YOUR WORKOUTS



### LES MILLS CLASSES

BODYBALANCE™  
BODYCOMBAT™  
BODYPUMP™  
CORE™  
GRIT™  
RPM™  
SPRINT™

### FREESTYLE CLASSES

CORE + MORE  
FUNCTIONAL STRENGTH  
HIIT HUSTLE  
LIIT [LOW IMPACT INTERVAL TRAINING]  
MORNING MASHUP  
INTERACTIVE SPIN [Offered only during winter months]  
PILATES  
FOREVER FIT  
SILVER SNEAKERS  
SOULBODY BARRE+ UNHITCHED  
S'WET  
STRENGTH & CARDIO FUSION  
Y'S WAY  
YOGA [More about each style at [statelineymca.org/yoga](http://statelineymca.org/yoga)]  
WATER AEROBICS  
ZUMBA

[SEE REVERSE SIDE FOR CLASS DESCRIPTIONS]

LEARN MORE



[statelineymca.org/elevate](http://statelineymca.org/elevate)



[escott@statelineymca.org](mailto:escott@statelineymca.org)