



SPRINT INTO 2022

Les Mills Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results and help your body burn calories for hours. You can also expect to build muscle mass and improve your cardiovascular fitness with Sprint! This is a short, high intensity, low impact workout that is scientifically proven to return rapid results.

ROSCOE BRANCH

(Beginning Jan. 10th; registration required)

MONDAY	8:10am-8:40am	Stacy
TUESDAY	5:30pm-6:00pm	Renee
WEDNESDAY	8:10am-8:40am	Ann M.
THURSDAY	5:30pm-6:00pm	Erin
FRIDAY	5:15am-5:45am	Sarah
	8:10am-8:40am	Erin

Learn more & register at:
statelineymca.org/about-us/y-news/id/sprint-into-2022

LAUNCH JAN. 8TH

Join the fun and have a great work out in Roscoe!

6:45am-7:15am	SPRINT with Renee
7:25am-7:55am	SPRINT with Stacy
8:05am-8:35am	Core with Polly
8:45am-9:15am	SPRINT with Sarah
9:25am-9:55am	SPRINT with Ann and Erin
10:15am-11:05am	Pilates with Joan

Registration required for SPRINT

WANT MORE?

Sprint is permanently on the Roscoe schedule beginning Jan. 10th!