



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ELEVATE

GROUP EXERCISE CLASSES 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.

BENEFITS OF GROUP EXERCISE

It increases self-confidence, improves body shape, burns extra calories, increases lean muscle tissue, increases metabolic rate, lowers resting heart rate, strengthens the heart, alleviates depression, improves whole quality of life, etc.

AGE REQUIREMENTS

Must be at least 14 years of age to participate in Les Mills Body Pump. Anyone 10 years and older may participate in all other group exercise classes.



statelineymca.org/elevate