



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

[SEE REVERSE SIDE FOR CLASS DESCRIPTIONS]

LEARN MORE



statelineymca.org/elevate



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