

ELEVATE

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 your membership!

WHAT TO EXPECT

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.

CURRENT CLASS OFFERINGS

LES MILLS

BodyAttack
BodyBalance
BodyCombat
BodyPump
Core (formerly CxWorx)
Grit
RPM
Sprint

GENERAL CLASSES

Boot Camp
Early AM Special
HIIT
Interactive Spin
Pilates
QiGong
Senior Fit
Silver Sneakers
SoulBody Barre & Unhitched
Step & Sculpt
Strength & Stretch
Y's Way
Yoga— multiple varieties
Zumba

DO I NEED TO BRING ANYTHING?

Dress ready to move and sweat! Bring only a water bottle — we'll supply the rest!

LEARN MORE

Visit <https://statelineymca.org/elevate> to learn more!

WHERE DO I START?

Still not sure where to start? Let us be your guide! Contact Cortnee at cmcreynolds@statelineymca.org or 608-365-2261 today!

