



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