



Pop-up Les Mills®

BODYPUMP HEAVY CLASSES

Try the new format from Les Mills, BODYPUMP HEAVY, at Stateline Family YMCA during a series of Pop-up Classes. BODYPUMP HEAVY uses traditional lifting techniques to challenge strength, build lean muscle, and deliver measurable performance gains. This class takes a training session on our fitness floor and brings it into our group fitness studio. Expect more resistance, less reps, and slower tempos in a high energy environment.

NO COST TO MEMBERS

Space is limited and registration through the YMCA360 app is required!

JANUARY

29 **IRONWORKS BRANCH**
6:15PM
KFMP Room

FEBRUARY MARCH

WEDNESDAY
4

ROSCOE BRANCH
9:00AM
Gym

TUESDAY
17

ROSCOE BRANCH
4:30PM
Gym

THURSDAY
26

IRONWORKS BRANCH
6:15PM
KFMP Room

SUNDAY
1

ROSCOE BRANCH
8:30AM
Gym

THURSDAY
19

IRONWORKS BRANCH
6:15PM
KFMP Room

SUNDAY
29

ROSCOE BRANCH
8:30AM
Gym