

the **Y** | 175th YEAR ANNIVERSARY
NO PLACE
Like This Place

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

THURSDAY
29 IRONWORKS BRANCH
6:15PM
KFMP Room

FEBRUARY

WEDNESDAY
4 ROSCOE BRANCH
9:00AM
Gym

TUESDAY
17 ROSCOE BRANCH
4:30PM
Gym

THURSDAY
26 IRONWORKS BRANCH
6:15PM
KFMP Room

MARCH

SUNDAY
1 ROSCOE BRANCH
8:30AM
Gym

THURSDAY
19 IRONWORKS BRANCH
6:15PM
KFMP Room

SUNDAY
29 ROSCOE BRANCH
8:30AM
Gym

statelineymca.org/popup