

EMBRACE A NEW CHALLENGE

THE GROUP EXERCISE CLASS
DESIGNED FOR LIFE ON THE MOVE



LES MILLS
BODYPUMP

107

BODYPUMP® is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit.

Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles. The rep effect — a scientifically proven Les Mills formula — is the secret to developing lean athletic muscle without the need for heavy weights.

The encouragement, motivation and great music you get in a BODYPUMP class will help you achieve much more than you would be able to on your own! Instructors will show you all the moves and techniques to make your first class safe and fun.

107TH RELEASE OF BODYPUMP

SATURDAY OCTOBER 27TH AT 10:15AM

YMCA AT GLEN COVE

125 DOSORIS LANE, GLEN COVE, NEW YORK 11542 • 516.671.8270

RESERVE A SPOT ON THE Y APP OR ONLINE!

*ADVANCE NOTICE, OF 24 HOURS, WILL BE REQUIRED FOR WEBSITE REGISTRATION

YMCALI.ORG