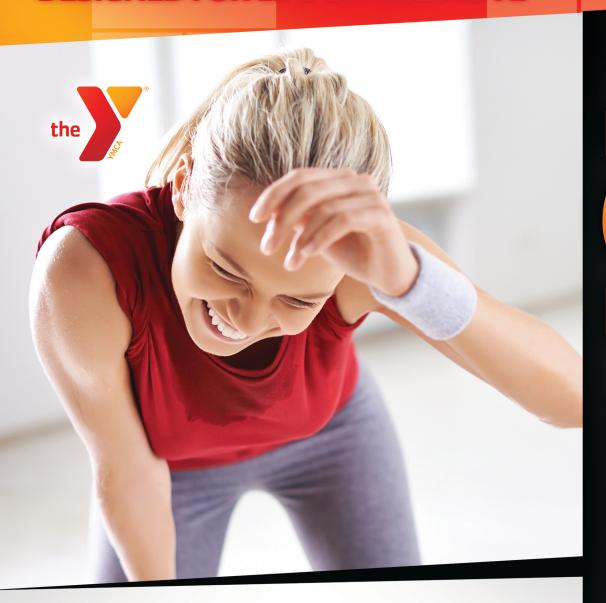
## EMBRACE A NEW CHALLENGE

THE GROUP EXERCISE CLASS
DESIGNED FOR LIFE ON THE MOVE



## **107<sup>TH</sup> RELEASE OF BODYPUMP**

**SATURDAY OCTOBER 27<sup>TH</sup> 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

BODYPUMP

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.

**YMCALI.ORG**