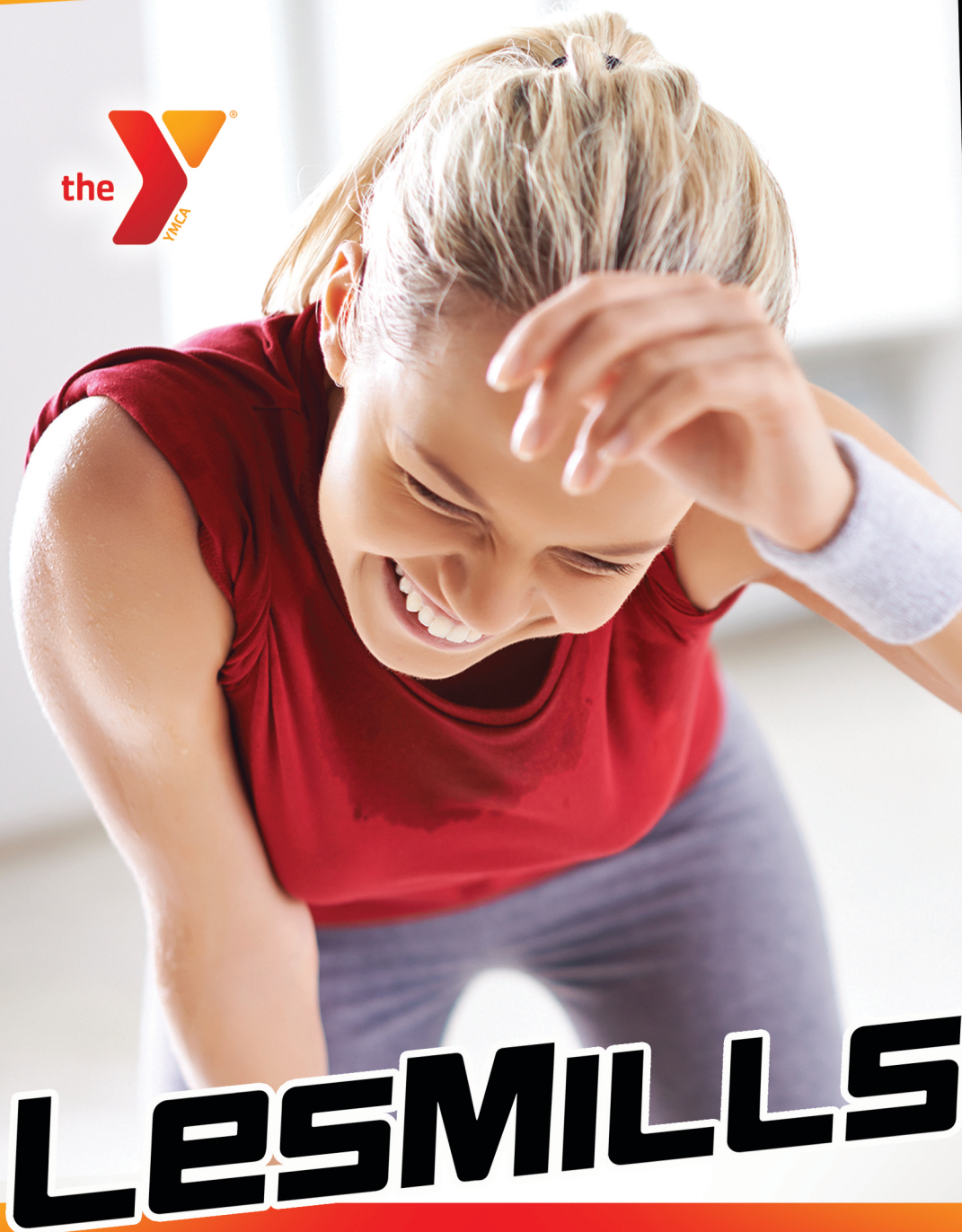


EMBRACE A NEW CHALLENGE

GROUP EXERCISE CLASSES
DESIGNED FOR LIFE ON THE MOVE



LES MILLS

GRIT 27 DEMO

October 27th at 9:30am

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

BODYCOMBAT 77

October 28th at 9:45am

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.

BODYPUMP 107

October 28th at 10:30am

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast.

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

CXWORX 32

October 29th at 7:30am

CXWORX is all about building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slugs, which run from the upper to lower body.

GREAT SOUTH BAY YMCA

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