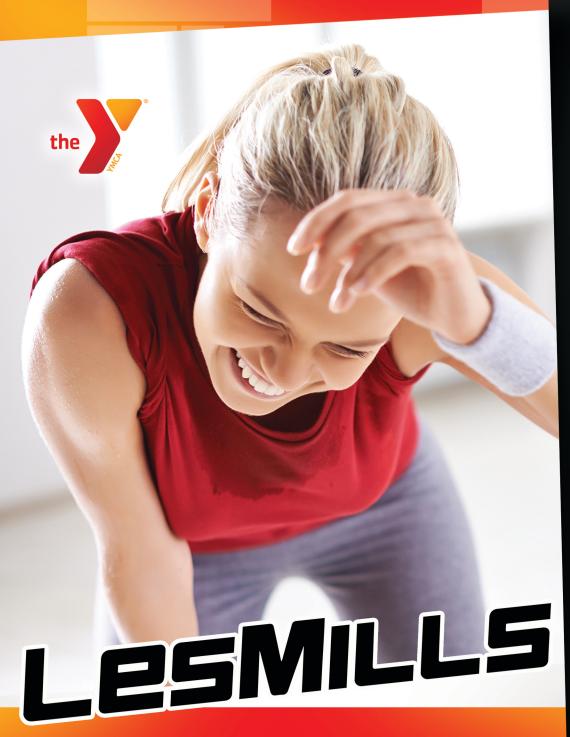
EMBRACE A NEW CHALLENGE

GROUP EXERCISE CLASSES
DESIGNED FOR LIFE ON THE MOVE



RESERVE A SPOT ON THE Y APP OR ONLINE!

BODYCOMBAT 77

October 20th at 8:00am

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 20th at 9:00am

BODYPUMPTM 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 21st at 11:00am

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

GRIT 27 DEMO

October 24th at 10:15am October 26th at 9:00am

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.

HUNTINGTON YMCA

60 Main Street Huntington, NY 11743 631.421.4242

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