

# EMBRACE A NEW CHALLENGE

GROUP EXERCISE CLASSES  
DESIGNED FOR LIFE ON THE MOVE



# LES MILLS

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

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 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**

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**YMCALI.ORG**