



THE MILWAUKEE Y



# SHOCKTOBER AT THE Y

**It's not scary, or spooky & no trick-or-treat, But these Group X classes are impossible to beat!**



## LES MILLS LAUNCH WEEK

Join our fantastic team of instructors for Les Mills launch week! Try the newest releases for **BODYPUMP®**, **BODYSTEP®**, **BODYCOMBAT®** & **BODYFLOW®**! Bring a friend or two and let's make it a launch party!

OCTOBER 1-7  
ALL CENTERS



## JOIN OUR TEAM: INSTRUCTOR EMPLOYMENT INFORMATION SESSION

Think you have what it takes to motivate, inspire and guide others towards their health and wellness goals? The Milwaukee Y is looking for qualified fitness instructors to join our growing team and teach a variety of classes. If you're passionate about fitness, please plan to attend this informational session to learn more about employment with the Milwaukee Y.

FRIDAY, OCTOBER 6 | 6:30-8:30 PM  
RITE-HITE FAMILY YMCA



## TRY A FEE-BASED CLASS FOR FREE

There's never been a better time to try a Small Group Training Class at the Y! This week only, try a fee-based Small Group Training Class including **TRX®**, **TOTAL GYM®**, **strYkeForce**, **Y-FIT CAMP** for FREE!\*

OCTOBER 8-14  
ALL CENTERS

\*Please check with centers for participating classes and times.



## PINK WEEK

Group exercise instructors wear pink in honor of Breast Cancer Awareness Month.

OCTOBER 15-21  
ALL CENTERS



## RIDING IN THE NEON

Join us for a ride you won't forget. Think party on wheels with glow sticks, awesome tunes, and tons of fun.

MONDAY, OCTOBER 23 | 6 PM  
DOWNTOWN YMCA

WEDNESDAY, OCTOBER 25 | 5:30 PM  
RITE-HITE FAMILY YMCA

FRIDAY, OCTOBER 27 | 5:30 PM  
NORTHSIDE YMCA



## SPOOKTACULAR

Join your favorite instructors as they present special "Halloween" themed classes.

OCTOBER 29-NOVEMBER 3  
ALL CENTERS



## ZUMBA® DANCE PARTY

Are you ready to get your Latin groove on? Come join our Zumba® Dance party for an awesome cardiovascular workout that uses fun Latin music and dance moves. You're guaranteed to sweat, party and have a great time!

FRIDAY, NOVEMBER 3 | 6-8:30 PM  
RITE-HITE FAMILY YMCA