



SHOCKTOBER AT THE Y



It's Not Scary, or Spooky & No Trick or Treat, But these Group X Classes are Impossible to Beat!

Join us **ALL MONTH** for some special group exercise classes and activities!



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 BRANCHES



FEAR FACTOR*

Face your fears in this special outdoor pop-up event! We'll climb the Alpine Tower, trek through the woods, complete hair-raising exercises and overcome obstacles that might be a little... frightening.

OCTOBER 13 | 9AM-11:30AM
RITE-HITE FAMILY YMCA

FEE: \$25 FOR Y MEMBERS
AND COMMUNITY PARTICIPANTS

* This event is themed for adults only.



PINK WEEK

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

OCTOBER 8-14
ALL BRANCHES



GLOW CYCLING

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

MONDAY, OCTOBER 15 | 5:45-7PM
DOWNTOWN YMCA

WEDNESDAY, OCTOBER 17 | 6-7:15PM
RITE-HITE FAMILY YMCA

FEE: \$5 FOR Y MEMBERS
AND COMMUNITY PARTICIPANTS



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**, **Yblitz**, **YCombat Camp**, and **YFunctional Fit Camp** for FREE!*

OCTOBER 18-24
ALL BRANCHES

*Please check with branches for participating classes and times.



SPOOKTACULAR

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

OCTOBER 25-31
ALL BRANCHES



ZUMBA® MASTER CLASS WITH GLORIA

Gloria is back for one more class! Come dance your scares away at this Thriller inspired Zumba® Dance Party featuring the one and only Zin Gloria Tarrer! She will be back in Milwaukee for one night only to serve up the hottest new music, dances and routines. No one burns up the dance floor like Gloria, so you don't want to miss this once in a lifetime event. Come dressed in your scariest Halloween costume and win a prize. Space is limited, so register today!

FRIDAY, OCTOBER 26 | 6-7:30PM
RITE-HITE FAMILY YMCA

FEE: \$15 FOR Y MEMBERS
AND COMMUNITY PARTICIPANTS

