



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**FEBRUARY +
FITNESS =**

**I ❤️
GROUP X
MONTH
AT THE Y**

This February we're feeling the love at the YMCA and we want to share it with you! Join us for a month full of Valentine's Day-themed events and classes.



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!

February 3-9
All Branches



LOVE WEEK

Join your favorite instructors as they present special "Valentine's Day" themed classes.

February 10-16
All Branches



Y-BEACH CAMP PRE-SALE

Secure your spot this summer in our always popular Y-Beach Camp. This boot camp is held on the lakefront and it's designed to give you a workout like no other. Take your workout outside through the sand, wooded trails, parks and other city locations.

February 14-March 31
Downtown YMCA



ZUMBA® MASTER CLASS WITH GLORIA

Gloria is back for one more class! Are you ready to get your Latin groove on? Come join our 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. You're guaranteed to sweat, party and have a great time! Space is limited, so register today!

Saturday, February 16 | 6-7:15 pm
Rite-Hite Family YMCA

Fee: \$15 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, Y-Functional Fit Camp for FREE!*

February 17-23
All Branches

*Please check with centers for participating classes and times.



TRAP IN THE NAME OF LOVE

Join us Downtown for a night of cycling, yoga, and the hottest trap mix music around.

Friday, February 22 | 6-7:30 pm
Downtown YMCA

Fee: \$15 for Y Members; \$20 for Community Participants



CARDIO FUNK REUNION

Jump into the groove with our Cardio Funk Reunion! This fitness-based dance class is a fun, high energy, aerobic fusion of funky dance moves. While dancing to our upbeat, hip hop dance music, you'll be strengthening and toning your core, lower body and upper body at the same time. This class is enjoyable for all fitness levels and provides a highly effective cardio workout! Have a great time while you "get your funk on!"

Friday, March 1 | 6-7:15 pm
Downtown YMCA

Fee: \$5/person