



**FEBRUARY +
FITNESS =**



**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 TRY A FREE FEE-BASED CLASS



**FEBRUARY 2-8
ALL BRANCHES**

Join our fantastic team of instructors for Les Mills launch week! Try the newest releases for **BODYPUMP®**, **BODYSTEP®**, **BODYCOMBAT®** & **BODYFLOW®**! Plus, 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 Blitz**, **Y Combat Camp**, and **Y Functional Fit Camp** for **FREE!**

LOVE WEEK



**FEBRUARY 9-15
ALL BRANCHES**

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

HEART HEALTH WEEK



**FEBRUARY 16-21
ALL BRANCHES**

February is Heart Health Month and we will be sharing information and recommendations for a healthy heart all week. We'll also highlight our cardio classes and share information about monitoring heart rate and explain how exercise relates to heart health.

PRE-SALE: Y-BEACH CAMP & OUTDOOR BOOT CAMP



**FEBRUARY 14-MARCH 31
Y-BEACH CAMP (DOWNTOWN YMCA)
OUTDOOR BOOT CAMP (RITE-HITE FAMILY YMCA)**

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.

PARTNER YOGA EVENTS



**FEBRUARY 16 | 10:30-11:30 A.M.
DOWNTOWN YMCA, STUDIO B**

**FEBRUARY 23 | 10:15-11:15 A.M.
RITE-HITE FAMILY YMCA, STUDIO 7**

Bring your significant other or a friend and explore a variety of yoga poses for balance while supporting each other. Partner yoga helps to stretch and lengthen muscles while you build trust in your partner and have fun.

**FEE: \$25 per pair
(must sign up with a partner)**

SLAYBELLS EVENT



**FEBRUARY 21 | 6-7:30 P.M.
RITE-HITE FAMILY YMCA, STUDIO 6**

Get ready to swing it out at our February SlayBells event! This class will teach proper kettlebell technique and provide a fierce workout that combines strength training and cardio moves, all while you're twerkin' to a "fire" playlist! It'll be 60 minutes of calorie torching fun!

**FEE: \$15
(Y Members & Community Participants)**

CLASS DEMO WEEK



**FEBRUARY 23-29
DOWNTOWN YMCA &
RITE-HITE FAMILY YMCA**

Both YMCA and community members are invited to try something new and drop in to any of our 15 minute demo classes for free all week. Demo class schedules will be posted in branches.