

# MORE FOR YOU

# GROUP EXERCISE IS CHANGING



## Class Enhancements start May 11th

### New Classes

- **NICK** Tuesday 8:30a Gut Cut
- **PATRICK** Wednesday 9:00a Moving for Better Balance
- **DAVID** Thursday 10:00a Chair Yoga (started April 9)

### Classes with a location OR time change

- **BRIANN** Monday 9:00a Forever Fit **GpEx** → Monday 9:00a Forever Fit **MPR**
- **NICK** Thursday **10:00a** Gut Cut → Thursday **8:30a** Gut Cut
- **NICK** Friday **9:00a** Cycle → Friday **8:00a** Cycle
- **ELKE** Friday 9:00a Forever Fit **GpEx** → Friday 9:00a Forever Fit **MPR**

### Classes that change format, but keep the same instructor

- **PEGGY** Tuesday 5:30p Step → Tuesday 5:30p BodyPUMP
- **SARAH** Thursday 6:30p Length n' Strength → Thursday 6:30p BodyPUMP

## BodyPUMP is launching at the PENINSULA FAMILY YMCA

May 4-8 demos will be held on the Greenbelt. Join us for Q and A to learn all about BodyPUMP and how you can gain functional strength for everyday life, improve bone health and core strength. We will be passing out Guest Passes so that you can bring your friends to launch week, May 11.

BodyPUMP classes start May 11. They will be hosted in the Group Exercise Room. During launch week there will be two instructors in each class to help you with form and choreography. We will have raffles for fun prizes. There will be a winner at every BodyPUMP class.

If you are new or returning to exercise, please plan to attend BodyPUMP 101 or the first half hour of BodyPUMP 45. BodyPUMP 101 will spend 20 minutes on technique, safety, and form education & 30 minutes of class. In BodyPUMP 45 there is an opportunity after the 4th song to go cool down and come back next week to try more.

If you are a current exerciser looking for a new challenge, please attend BodyPUMP 45. The class will be whole body strength training formatted as 45 minutes of warm-up, work, and cool down with 5 minutes of transition time spread out between songs during the work out, totaling a 50 minute class.

BodyPUMP Demo and Launch Schedule			
<b>Monday</b>	<b>9am</b>	<b>Sarah V</b>	<b>BodyPUMP 101</b>
<b>Thursday</b>	<b>6:30pm</b>	<b>Sarah V</b>	<b>BodyPUMP 101</b>
<b>Thursday</b>	<b>6am</b>	<b>Nick</b>	<b>BodyPUMP 45</b>
<b>Friday</b>	<b>9am</b>	<b>Patrick</b>	<b>BodyPUMP 45</b>
<b>Tuesday</b>	<b>5:30pm</b>	<b>Peggy</b>	<b>BodyPUMP 45</b>