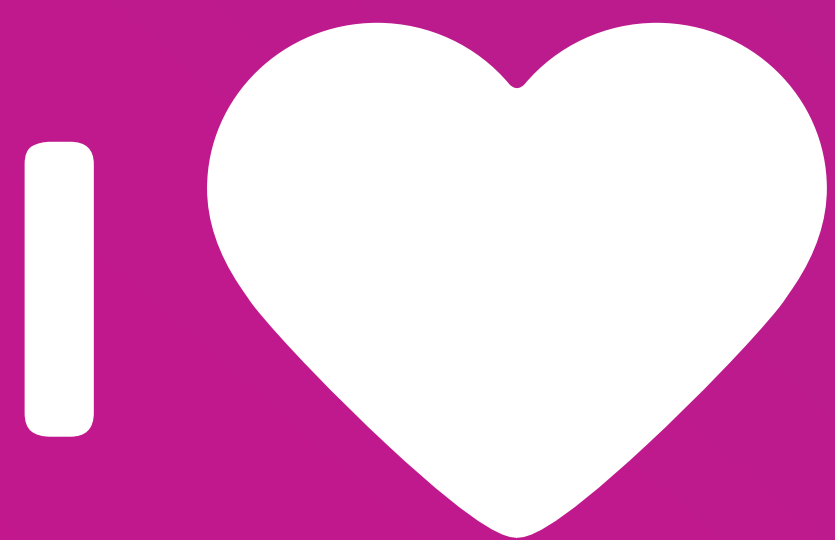




**FEBRUARY +
FITNESS =**



**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

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 4-10
All Centers



TRAP IN THE NAME OF LOVE

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

Friday, February 9 | 5:45-7:45pm
Downtown YMCA
Fee: \$15 for Y Members; \$20 for Community Participants



LOVE WEEK

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

February 11-17
All Centers



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



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!*

February 18-24
All Centers

*Please check with centers for participating classes and times.



FIGHT NIGHT

Join us for a night of kickboxing fun! We'll lead you through demonstrations of strYkeForce (impact boxing), strYke (non-impact kickboxing), and we'll introduce Strong by Zumba to our center!

Friday, February 23 | 5:45-7:15 pm
Downtown YMCA-Studio C
Fee: \$5 for Y Members; \$8 for Community Participants



ZUMBA® DANCE PARTY

Are you ready to get your Latin groove on? Come join our Zumba(r) 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, March 2 | 6-8:30 pm
Rite-Hite Family YMCA