

FEBRUARY + FITNESS = I ♥️ GROUP X MONTH

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

FEBRUARY HEART HEALTH MONTH

FEBRUARY 1-28
**BRISCOE FAMILY YMCA &
RITE-HITE FAMILY YMCA**

February is Heart Health Month and we'll be sharing information and recommendations for having a healthy heart. Join us for blood pressure checks, cooking demos, exercise & nutrition seminars, and strength exercise classes.

FREE TRY-IT SMALL GROUP X TRAINING CLASSES

JANUARY 31 - FEBRUARY 6
**BRISCOE FAMILY YMCA &
RITE-HITE FAMILY YMCA**

There's never been a better time to try a Small Group X Training class at the Y. This week only, try a fee-based class including Total Gym, strYkeForce, YCircuit30, and YCircuit60 -- for free!

LES MILLS LAUNCH WEEK

FEBRUARY 6-13
**BRISCOE FAMILY YMCA &
RITE-HITE FAMILY YMCA**

Embrace new fitness experiences! Try the newest releases for BODYPUMP, BODYSTEP, BODYCOMBAT & BODYFLOW. Together we'll celebrate with new music, new moves, and new momentum.

FEEL THE (GROUP EXERCISE) LOVE WEEK

FEBRUARY 14-20
ALL BRANCHES

Let love in! Join your favorite Y instructors as they present special Valentine's Day-themed classes all week long.

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

FEBRUARY 21 - APRIL 30
ALL LOCATIONS

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



With dozens of group exercise classes to choose from, you're sure to find something that's right for you. Looking for something at home or on-the-go? Try Y Wellness 24/7 -- free for members! Learn more at ymcamke.org/ywellness247.

QUESTIONS? Contact Lonnie L. Watts at 414-274-0815 or lwatts@ymcamke.org.

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