

# FITNESS PROGRAMS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## NEW! SIMPLY BARRE WITH DONNA!

Based on a fusion of Pilates and classic barre techniques, this results driven class incorporates the perfect blend of deep muscle toning with resistance, the grace of ballet, the flexibility of yoga, and the core strengthening of Pilates. This class is suitable for all fitness levels and no experience is necessary. For ages 16+.

### Class Benefits

- Helps strengthen and tone muscles without increasing bulk
- Improves posture
- Increases flexibility and lengthen muscles creating a lean look
- Regular workouts can increase bone density to help prevent osteoporosis
- Increases cardiovascular endurance and metabolism, which helps to quickly burn calories

### Meeting Time

Thursdays | Fall I: Sept 19-Oct 17  
4:15-5:15 pm  
Conference Room

### Cost

Members: \$50 | Community: \$75

**Minimum number of participants needed in class is 5 with a maximum of 12.**

### Registration

Registration is required. To register please see the Front Desk, call 262.248.6211 or visit our website at [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org).

### Questions

Contact Emily Fischer, Fitness Director  
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# MORE THAN A WORKOUT!