

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Ever wanted to take a  
Group Fitness Class,  
but don't know where to start?  
Intimidated to walk into a class?

Join our New 8 week *Activate* program!

Classes will train with weights every week and you will sample: hi/lo and step aerobics, kickboxing, indoor cycling, zumba, pilates, and yoga

Fridays at 10:30 am (starts February 5<sup>th</sup>)

## Cost:

**Members** – Free, join at any time.

Sign up with Andrea in class on Feb 5<sup>th</sup> or email at

[pandaharg@bellsouth.net](mailto:pandaharg@bellsouth.net)!

**Non Members** - \$40.00 Register at the front desk.

Join Walk to Run *and* Activate for only \$60 for both!

*Bring your neighbors and friends.*

For more information contact: [sbarry@ymcagreenville.org](mailto:sbarry@ymcagreenville.org)



YMCA of Greenville  
Eastside Family Branch

864-292-2790