



LES MILLS
BODYPUMP™

RING OUT THE OLD, IN WITH THE NEW

LesMills BodyPump Launch Party! STEVENS POINT AREA YMCA

BodyPump is the fastest way to shape up and lose body fat. This toning and conditioning class, using a step platform, bar and weights, is for anyone wanting to add strength to their aerobic workout. Hot sounds and compelling choreography keeps you going through a 45 or 60 minute workout!

- Burn up to 600 calories per class
- Improve your strength
- Improve your general fitness

**3 classes available for you to try on
Saturday, December 31, 2011**

**9:00-10:00 am • 10:15-11:00 am
11:15-12:15 pm**

Located in the Y All Purpose Room

**Free to Y members and General Public;
registration required.**

Snacks, refreshments, and confetti provided!

Y Members receive free YMCA/Body Pump T-Shirt.

General Public purchasing Y membership at launch party receive free YMCA/Body Pump T-Shirt, joiner fee waived.

Limited to 20 participants each class; register now at Y Member Services; call 342 2980, ext 300 or online at spymca.org to reserve your spot.

