



LES MILLS BODYPUMP™

2017 SESSION 2 CLASS SCHEDULE

Revised 3.31.17

Session dates: March 26th—July 1st, 2017

*BODYPUMP™ is the original barbell class that strengthens your entire body.

All BODYPUMP™ classes are held in the Y-outback

*All Monday classes are pro-rated no class Memorial Day.

Mondays:	5:00–5:45am	Alicen/Melissa
Mondays:	12:10–12:40pm	Diane
Mondays:	4:00–4:45pm	Eric
Mondays:	6:00–7:00pm	Anne/Lori
Tuesdays:	8:30–9:30am	Steve
Tuesdays:	5:25–6:25pm	Jenni
Wednesdays:	4:45–5:45am	Eric/Melissa
Wednesdays:	12:10–12:40pm	Jenni/Lori
Thursdays:	8:30–9:30am	Lori
Thursdays:	4:00–5:00pm	Alicen
Thursdays:	5:25–6:25pm	Keith
Fridays:	12:10–12:40pm	Alicen
Saturdays:	7:15–8:15am	Jenni

If you're registered for a BODYPUMP™, SPRINT™ or GRIT™ class you'll receive a \$5 discount when you register for a CXWorx™ class in the same session. This is one class for one class discount.

*Members cost for a 14 week session:

\$24- 30 min class
\$41- 45 min class
\$50- 60 min class

Member "Drop In" cost per class:

\$3 – 30 min
\$4 – 45 min
\$5 – 60 min

*General Public for a 14 week session:

\$48- 30 min class
\$82- 45 min class
\$100- 60 min class

General Public "Drop In" cost per class:

\$5 – 30 min
\$7 – 45 min
\$9 – 60 min

*(A session is one class per week for 14 weeks)

"Drop in's": Available based on equipment availability. Participants can get a drop in card at the service counter one hour prior to class starting. Payment must be received immediately when picking up a drop in card.

Questions/comments:

Jenni Campbell, Health/Well-being Director
Greater Marinette–Menominee YMCA
906.863.9983 or jenni@mmymca.org

www.mmymca.org

**TO LEARN ABOUT THE REP EFFECT™ SEE
BACK**

THE REP EFFECT™

800 REPS. TOTAL BODY TRANSFORMATION.

The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in resistance workout training proven to deliver a total body transformation, fast.

THE REP EFFECT™ throws traditional thinking about lifting heavy weights on its head. Exhaust your muscles with light to moderate weights and perform high repetitions in a single workout. It's that simple, and that's the beauty of THE REP EFFECT™.

In a typical BODYPUMP™ class, you'll perform 800 repetitions in 55 minutes! Think you can manage that on your own? Compared to a standard gym workout, it's more than four times the reps during a weight training workout an average person can achieve alone!

BODYPUMP™ use THE REP EFFECT™ to give you sculpted shoulders, defined biceps and triceps, strong lean legs, firm glutes and a tight core. Choreography in each of these areas is specifically targeted so you'll burn fat, burn more calories and achieve more meaningful fat loss and muscle fatigue to build strength without building bulk.

That means a long, lean muscles and a toned, strong physique - fast

ABOUT BODYPUMP™

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast!

Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

The cutting-edge BODYPUMP™ choreography, and chart-topping music is refreshed every three months, so with your choice of weight and highly-trained instructors you can get [the group effect](#) and the results you've been looking for!

A TYPICAL CLASS

- Improve your strength
- Perform 70-100 repetitions per body part totaling up to 800 repetitions in a single workout
- Improve your general fitness
- Shape and tone your muscles
- Protect your bones and joints from injury
- Get into shape fast
- Feel confident