



# Group Fitness At the YMCA



**Ready for something New? Try these  
insanely healthy and fun workouts!**

## **Pilates**

Conditioning that works out your 'power house' muscles!

## **Cardio Circuit Mix**

Group fitness class with treadmills, bikes, ellipticals, medicine balls & dumbbells! It's a high energy circuit mix!

## **Hip Hop Hustle™**

Simple dance moves to Hip Hop Style music. So you think you CAN'T dance? Well if you can do a simple line dance, you can Hip Hop Hustle™!

## **Wild Step Aerobics**

Moderate intensity workout combines cardio, endurance and core muscle conditioning!

## **Step Class**

Build confidence and coordination-low impact intense workout!

## **Stretch/Strength Class**

Stretch and strengthen those muscles! Gain energy, flexibility and stress relief!

**See Our November—December Schedule**

**Not a Member yet? No Problem—Just \$5 per Class. Give us a Try for your Good Health!**

**Fun and Fitness at the YMCA**

Northfield Area Family YMCA  
519 Division Street  
Northfield, MN 55057  
Phone: 507-645-0088  
[www.northfieldymca.org](http://www.northfieldymca.org)

**Tour our Health & Wellness Center or  
Check Out our Video Tour online!**

**Child Watch available during classes!**

**Members: Free Nonmembers: \$3 per child (2 hour limit)**

The Northfield Area Family YMCA welcomes **all** who wish to participate, and will annually raises funds to make that possible. Please let us know if we may serve you or your family in any way.