



YPERSONAL TRAINING™
We build strong kids, strong families, strong communities.

Northfield Area
Family YMCA



YGROUP EXERCISE™
We build strong kids, strong families, strong communities.

Total Body Strength Class

Instruction from a
Certified Personal Trainer—Lynda Maus

Starts
Sunday
Feb 21st!

Ready for something new?
Get a personalized strength and cardio workout with one-on-one attention. You don't have to kill yourself lifting weights and there are no dance, step or kicks in this class. Work at your own pace, build your 'tool box' of exercises, strengthen muscles and exercise your heart and lungs!

Learn proper form and work at your own pace.

Class Details: **ONLY** this class is in our fitness center between 6 and 7 Sunday night—we use the entire center:

30 minutes: **Strength** (dumbbells, medicine balls & your own weight) **AND**

30 minutes: **Cardio** (get your heart rate up on a treadmill, bike and/or elliptical machine).

Child Watch Available

6 week program (come to all for full results!)
Sunday Feb 22—Sunday Mar 28th

Sunday Night 6:00-7:00 pm
Members: Free,
Nonmembers: \$5 per class
The Entire Fitness Center is used solely for this Class
Child Watch: Free for Members, \$3 for non
Join us! Drop-ins Welcome (come early)!
Location: YMCA Health & Wellness Fitness Center—Located on the Campus of the Northfield Retirement Community

YMCA Health & Wellness Center
900 Cannon Valley Drive
(near Greenvale Elementary)

Northfield Area Family YMCA
Administrative Offices
519 Division Street (Armory)
Phone: 507-645-0088
www.northfieldymca.org

Check out all our Group Fitness Classes on our website or stop by for a tour of our fitness facility!