



**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)

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

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