



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW CLASSES THIS FALL

GLOW IN THE DARK

CARDIO DRUMMING

Cardio Drumming is a combination cardio and strength training class that includes high intensity exercises and rhythmic techniques to give you a full body workout. Cardio drumming uses a bench, mat and a set of drum sticks to deliver you an extreme calorie burn! Come try this new style of fitness with black light!



Wednesdays 9:30am-10:30am and Thursdays 5:15pm-6:15pm



MINI TRAMPOLINE

How long has it been since you jumped on a trampoline? Let me guess, its been too long! Come try this 30 min express cardio class, with easy to follow choreography and motivating music. This will be a great addition to any workout routine. Max of 10 participants.

Mondays and Wednesdays 8:45am-9:15am &
Sundays 10:15am-10:45am and 11:00am-11:30am

FREE for Members, Non-Members \$10 Day Pass

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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