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DROP-IN SMALL GROUP FITNESS CLASSES

SQUATS, SLAMS & ROPES Tuesdays at 10:00 AM

Work out using battle ropes, slam balls, and weights. This class will help strengthen your glutes, back, and core. All levels are welcome. Class is limited to 6 participants.

TRX Wednesdays at 9:15 AM

This revolutionary method of leveraged bodyweight exercise helps to build power, strength, flexibility, balance, and mobility. All levels are welcome. Class is limited to 6 participants.

WOMEN & WEIGHTS Wednesdays at 11:00 AM

Female-focused class introducing you to the weight room and lifting. All levels are welcome. Class is limited to 6 participants.

Registration required
<https://lakelandhillsymca.com>
\$20.00 per class

Questions?
Contact Health and Wellness Director
Darlene at Darlenek@lhymca.com

100 Fanny Road
Mountain Lakes, NJ 07046
www.lakelandhillsymca.com
973.334.2820

